

# A HEALTHY LOOK AT IDAHO YOUTH

RESULTS OF THE 2003 IDAHO YOUTH RISK BEHAVIOR SURVEY  
AND  
2002 SCHOOL HEALTH EDUCATION PROFILE



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Prepared for the Idaho Department of Education,  
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November 2003

## **PREFACE**

The YRBS is one component of the Youth Risk Behavior Surveillance System developed by the Centers for Disease Control and Prevention in collaboration with representatives from 71 state and local departments of education and health, 19 other federal agencies, and national education and health organizations. The Youth Risk Behavior Surveillance System was designed to focus the nation on behaviors among youth related to the leading causes of mortality and morbidity among both youth and adults and to assess how these risk behaviors change over time. The Youth Risk Behavior Surveillance System measures behaviors that fall into six categories:

1. Behaviors that result in intentional and unintentional injuries and violence;
2. Tobacco use;
3. Alcohol and other drug use;
4. Sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies;
5. Dietary behaviors; and
6. Physical activity.

The body of this report highlights the results of the 2003 Idaho Youth Risk Behavior Survey and is intended for use by a broad audience including educators, health program planners, community organizations, youth, parents, legislators, and government agencies.

## **ACKNOWLEDGEMENTS**

The 2003 Idaho Youth Risk Behavior Survey (YRBS) is one component of the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health (DASH), the National Center for Chronic Disease Prevention and Health Promotion, and the Centers for Disease Control and Prevention (CDC). The YRBS was first used in Idaho in 1991. The Idaho Department of Education and State Superintendent Marilyn Howard acknowledge the participation, support, and cooperation of those persons who made the 2003 Idaho Youth Risk Behavior Survey possible. Sincere appreciation is expressed to:

- the Centers for Disease Control and Prevention, Division of Adolescent and School Health, and the WESTAT Technical Assistance Project
- the school district superintendents, principals, and the teachers and students who participated in the 2003 Idaho Youth Risk Behavior Survey.
- the Bureau of Environmental and Community Health, Division of Health, Idaho Department of Health and Welfare.

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# Introduction

This report describes the results of the 2003 Idaho Youth Risk Behavior Survey and the 2002 School Health Education Profile. The Idaho Department of Education conducted the YRBS survey during the Spring 2003 school semester. Similar surveys were conducted in 1991, 1993, 1995, and 2001.

Mortality, morbidity, and social problems Idaho teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving, sexual intercourse at a young age, suicide, and lack of seatbelt use, etc. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases which are not manifested until adulthood. These behaviors and associated health problems are largely preventable.

Survey results for each of the risk factors (i.e. injury, tobacco use, alcohol and other drug use, poor diet, and physical inactivity) are presented in four parts:

- an overview of the risk factor as it applies to Idaho high school students
- highlights of the 2003 Idaho YRBS in bullet form
- graphic illustration of 2003 YRBS key findings among grades and sexes
- selected adolescent health objectives for the Year 2010 (Healthy People 2010)

For readers desiring additional information, a question-by-question summary of survey results and a copy of the 2003 questionnaire are included in the Appendix of this report. Contact Barbara Eisenbarth, Idaho Department of Education, for more information about the use of the YRBS in school health education programs: (208) 332-6950.

An electronic copy of the 2001 Idaho Youth Risk Behavior Survey can be found at:  
<http://www.sde.state.id.us/fedpro/docs/yrbs2001.pdf>

## Healthy People 2010

Healthy People 2010 contains 467 objectives to improve the health of Americans by the year 2010. Because these objectives are national, not solely federal, the achievement of these objectives is dependent in part on the ability of health agencies at all levels of the government and on non-governmental organizations to assess objective progress.

This report includes (where appropriate) selected national health objectives for the year 2010 and the corresponding 2001 and 2003 Idaho Youth Risk Behavior Survey measure. Bolded measures indicate where Idaho has met the HP2010 objective.

For further information about Healthy People 2010 visit the website at:  
[www.healthypeople.gov](http://www.healthypeople.gov)

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# Methods

## Sampling

The 2003 Idaho Youth Risk Behavior Survey employed a two-stage cluster sample design to produce representative samples of students in grades 9-12 in Idaho's public school system. The first-stage sampling frame included all public schools containing any grades 9 through 12. Schools were selected systematically with probability proportional to school enrollment size using a random start. At the second sampling stage, intact classes of a required subject or a required period (e.g., second period) were randomly selected using systematic equal probability sampling with a random start. All students in selected classes were eligible to participate in the survey.

## Data Collection

Students completed the self-administered questionnaire in their classrooms during a regular class period, recording their responses directly on a computer-scannable answer sheet. The Idaho YRBS questionnaire contained 88 multiple-choice questions plus two additional questions to collect student height and weight. Survey procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration. A copy of this survey can be obtained from the Idaho Department of Education: (208)332-6950.

## Data Weighting

Based on the sampling methodology, a weight was associated with each student's responses in order to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. For more information regarding the methodology used to weight the data contact the Idaho Department of Education. The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular Idaho public school students in grades 9 through 12.

## Survey Limitations

The YRBS does have several limitations which may impact the reliability and usefulness of the results. The 2003 Idaho survey is administered to students enrolled in one of Idaho's public schools. Many teens who are at the highest risk for unhealthy behaviors may have dropped out of school and therefore are not represented by these results. In addition, respondents of self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (drug, alcohol and tobacco use, sexual abuse, etc.) and over report behaviors which are socially desirable (exercise frequency, healthy diet, seat-belt use, etc.). Despite these limitations, YRBS data can be useful in tracking behaviors over time (trend data) and in making adolescent health program decisions.

# Survey Summary

## Participants

The 2003 Idaho Youth Risk Behavior Survey was completed by 1,731 students in 36 public high schools in Idaho during the spring of 2003. The school response rate was 84%, the student response rate was 86%, and the overall response rate was 72%. The results are representative of all students in public schools containing grades 9 through 12. The weighted demographic characteristics of the sample are as follows:

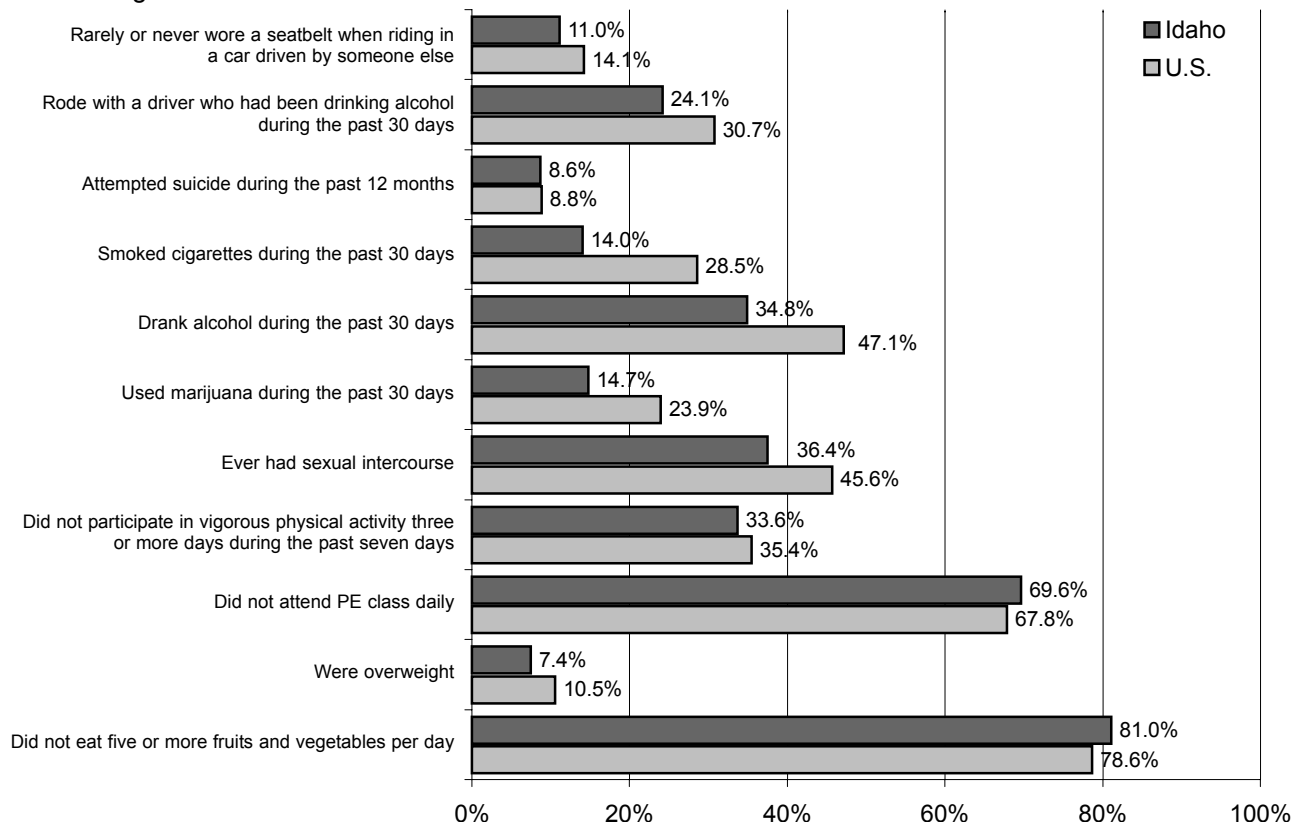
Female	51.7%	9th grade	27.1%	African American	0.4%
Male	48.3%	10th grade	25.8%	Hispanic/Latino	8.3%
		11th grade	23.9%	White	89.5%
		12th grade	23.2%	All other races	1.3%
				Multiple races	0.6%

Note: Due to rounding and/or weighting of results, and the overlap among racial and ethnic groups, the above demographic group totals may not add up to 100%

The following chart highlights some of the major summary statistics for the 2003 Idaho YRBS:

## Summary Results from the 2003 Idaho High School YRBS and 2001 National YRBS Survey Summary Findings—Weighted Data

Percentage of students who:



U.S. data source: 2001 National Youth Risk Behavior Survey.



## Unintentional and Intentional Injuries

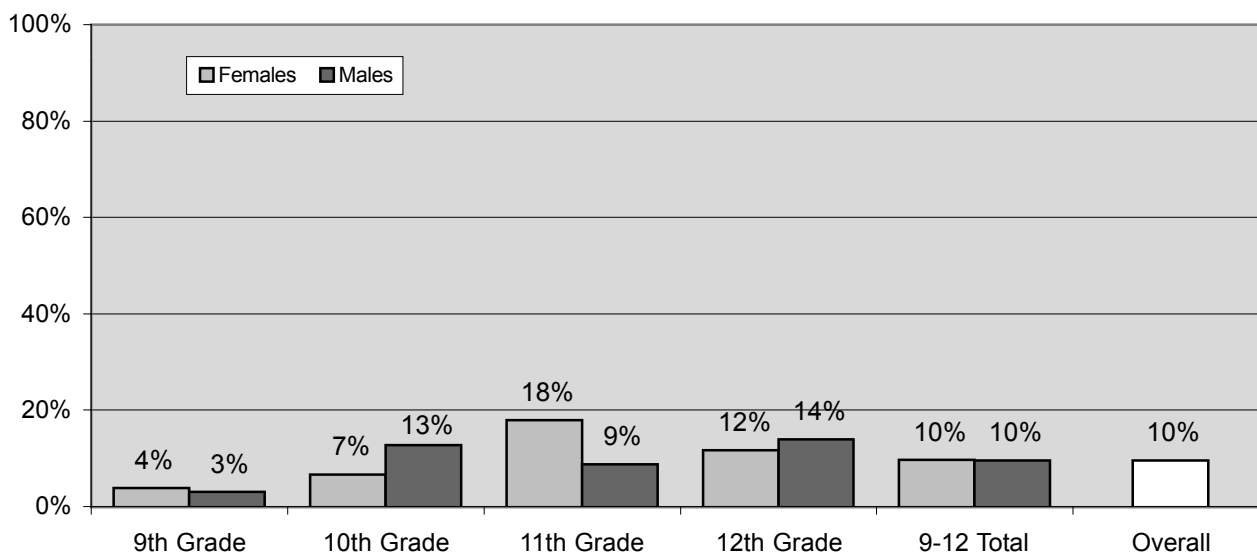
In 2002, 75% of all deaths among Idaho youth aged 10-18 resulted from four causes—motor-vehicle crashes (45%), suicide (15%), other unintentional injuries (11%) and homicide (4%).<sup>1</sup> Motor-vehicle crashes are the leading cause of death in the US for persons aged 16 to 24 years, and a substantial proportion of these crashes are alcohol related.<sup>2</sup> For this reason the 2003 YRBS questionnaire measured the frequency in which students drove while under the influence of alcohol.

Head injury is the leading cause of death in motorcycle and bicycle crashes, although helmets substantially reduce the risk for serious head injuries.<sup>3,4</sup> It is also estimated that seat belt use may reduce the risk of a fatal motor vehicle injury by 45% and moderate to critical injuries by 50%.<sup>5</sup> The YRBS measured the frequency of helmet use among students riding bicycles as well as seatbelt use.

### Injury in Idaho

- One in ten Idaho high school students drove a vehicle in the previous 30 days when he or she had been drinking alcohol
- 24% of students report riding in a car or other vehicle in the previous 30 days driven by someone who had been drinking alcohol
- Among those students who rode a bicycle in the previous 12 months, 82% never or rarely wore a bicycle helmet
- Male students (15%) were twice as likely as female students (7%) to report that they never or rarely wore a seatbelt when riding in a car driven by someone else

Percentage of students who during the previous 30 days drove a car or other vehicle one or more times when they had been drinking alcohol



#### HP 2010 Goal 26-6: **Riding with a driver who had been drinking alcohol**

Reduce the proportion of adolescents who report they rode, during the previous 30 days, with a driver who had been drinking alcohol to 30%

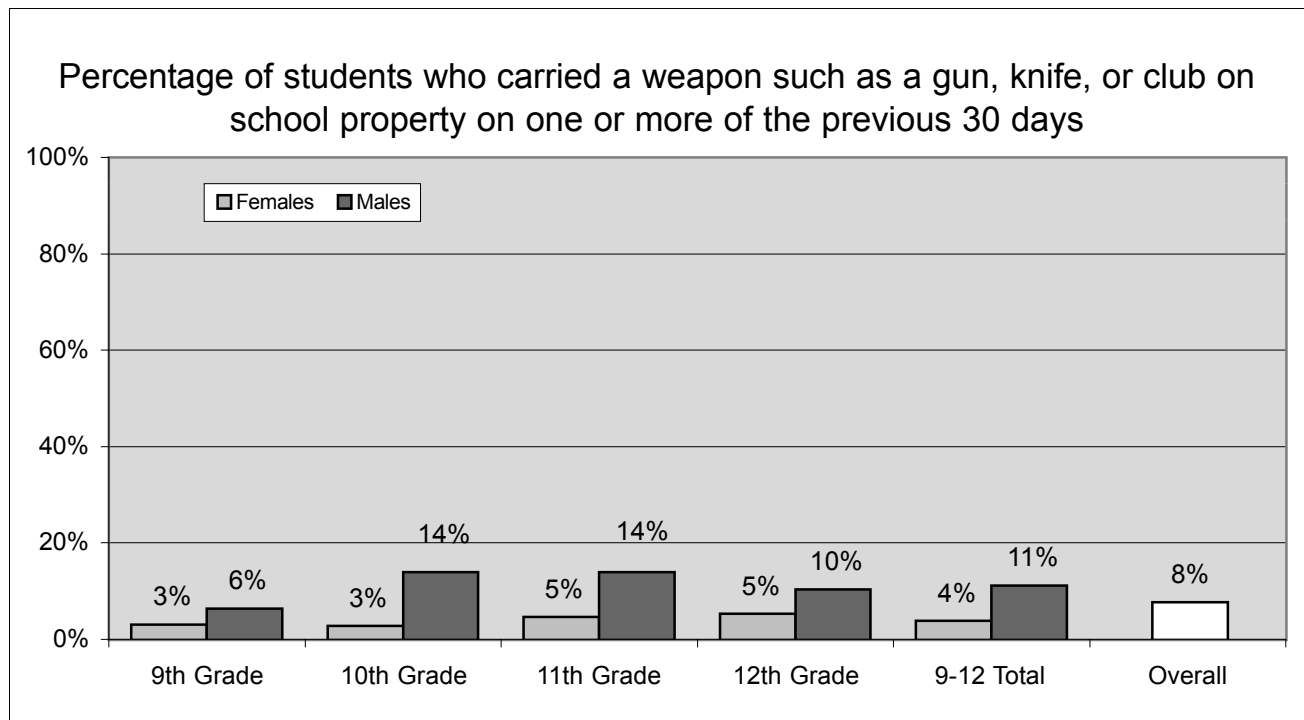
**Idaho 2001: 29%    Idaho 2003: 24%**

## Unintentional and Intentional Injuries

Approximately nine out of ten homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club.<sup>6</sup> Unintentional firearm-related fatalities are also a critical problem among children and young adults in the United States.<sup>7</sup> In 2001, 178 Idahoans died as a result of firearm-related injuries.<sup>8</sup> The 2003 Idaho YRBS included questions designed to measure violence-related behaviors. These questions asked about the prevalence and frequency of weapon use and the occurrence of threats or injuries from the use of a weapon. One in twelve Idaho high school students carried a weapon to school on one or more of the previous 30 days and 4% of students reported that they did not come to school one or more times during the previous month because they felt unsafe.

### Injury in Idaho

- Male students (11%) are nearly three times as likely as female students (4%) to have carried a weapon on school property during the previous 30 days
- One in ten 12th grade males carried a weapon on school property during the previous 30 days
- One in eight Hispanic students did not go to school on one or more days of the previous month because he or she felt unsafe
- 12% of male students and 7% of female students said that they had been threatened or injured with a weapon on school property one or more times during the previous 12 months



HP 2010 Goal 15-39: **Carrying a weapon**  
 Reduce weapon carrying by adolescents on school property to 6%  
 Idaho 2001: 10%    Idaho 2003: 8%

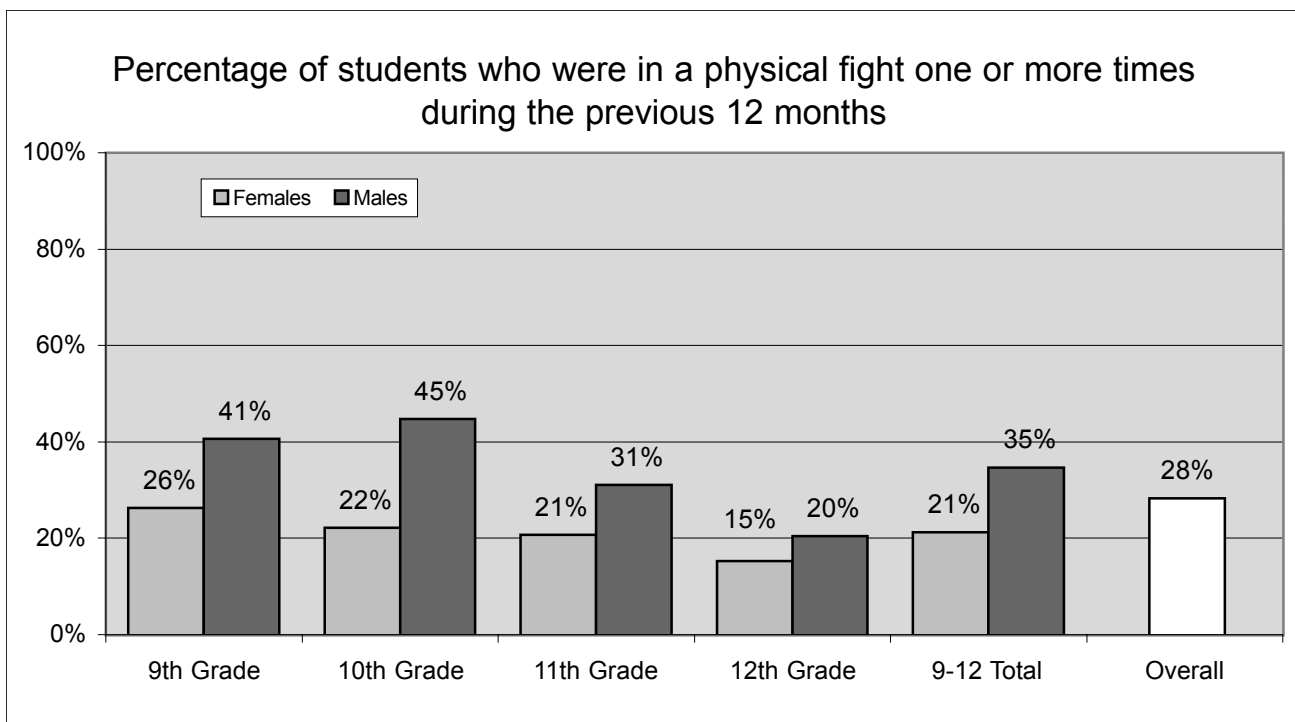
## Unintentional and Intentional Injuries

YRBS injury-related questions measured the frequency and severity of physical fights and abusive behavior. Among Idaho high school students, 28% were in a physical fight in the previous year, and 12% were in a physical fight on school property. One in nine Idaho students report they have been hit or slapped on purpose by their boyfriend or girlfriend during the previous year

Forced sex has been associated with suicidal ideation and attempts,<sup>9</sup> alcohol and drug use,<sup>10</sup> and increased risk of chronic diseases and somatic symptoms in both reproductive and nonreproductive organ systems.<sup>11</sup> In Idaho, 14% of female students and 6% of male students report they have been physically forced to have sexual intercourse.

### Injury in Idaho

- Male students (35%) were more likely than female students (21%) to have been in a physical fight one or more times during the previous year
- 3% of Idaho students were injured in a fight in the previous month and had to be treated by a doctor or nurse
- 28% of 10th grade males and 11% of 10th grade females said they were in a fight on school property one or more times during the previous year
- One in nine high school students were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the previous 12 months
- One in seven female high school students in Idaho has been physically forced to have sexual intercourse when they did not want to



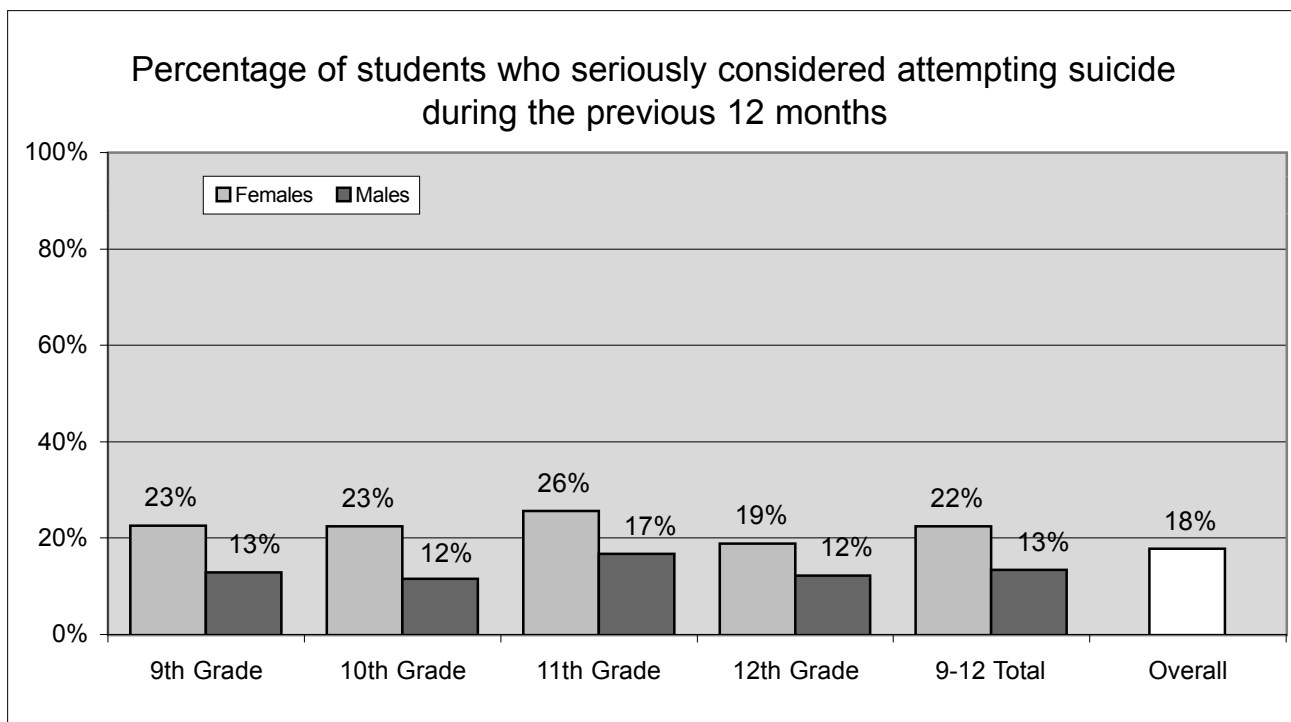
HP 2010 Goal 15-38: **Physical fighting**  
 Reduce physical fighting among adolescents  
**Idaho 2001: 29%    Idaho 2003: 28%**

## Unintentional and Intentional Injuries

Suicide is the 2nd leading cause of injury related deaths among youth aged 10 to 18 in Idaho. The leading cause of death is unintentional injury<sup>1</sup>. On the national level, the suicide rate for persons aged 15 to 24 has tripled since 1950.<sup>12,26</sup> In 2001, 49 Idahoans between the ages of 5 and 24 committed suicide.<sup>8</sup> According to results of the 2003 Idaho YRBS, 18% of all high school students seriously considered attempting suicide in the previous year and 15% said they made a plan for how they would attempt suicide. Among all Idaho students, 9% report having actually attempted suicide during the previous year. Suicide ideation appears to occur more often among high school females.

### Injury in Idaho

- One in four high school students reported that in the previous 12 months they felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities
- 9th grade females (23%) were nearly twice as likely as 9th grade males (13%) to have seriously considered attempting suicide in the previous 12 months
- During the previous year 15% of high school students reported having actually made a plan about how they would attempt suicide
- 11% of high school females and 6% of high school males have attempted suicide one or more times during the previous 12 months



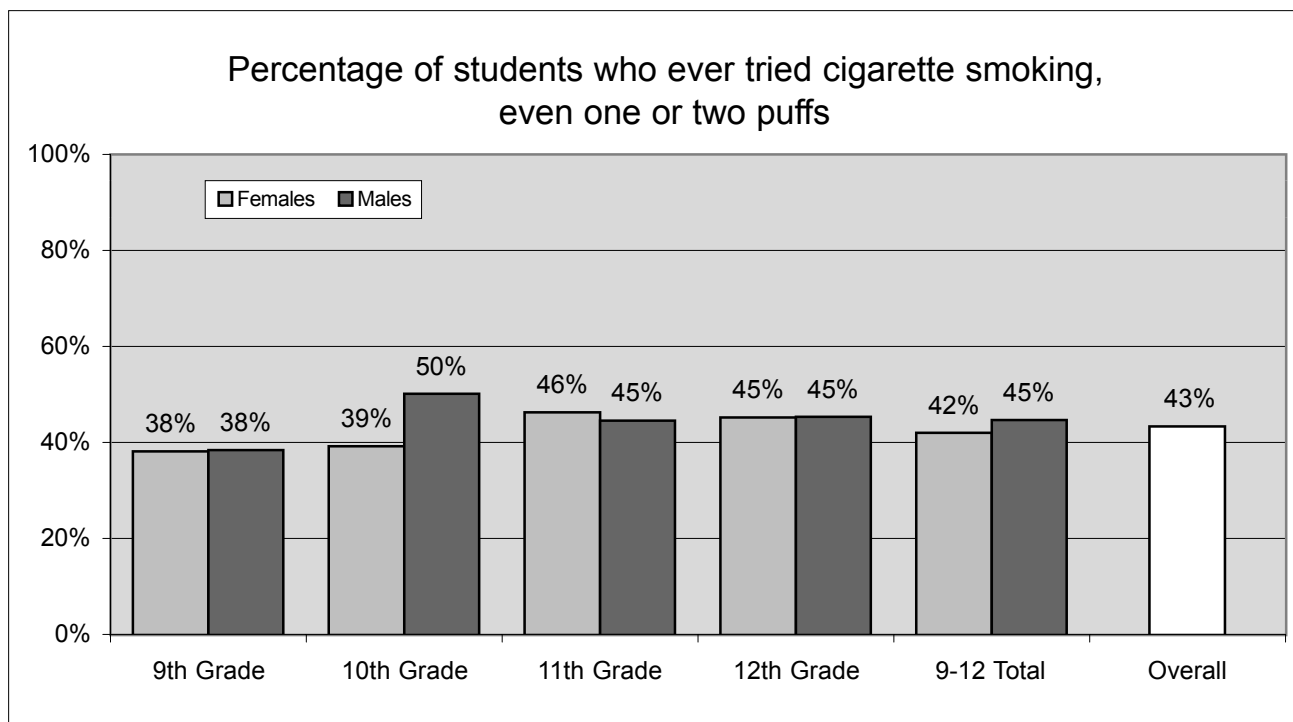
HP 2010 Goal 18-02: **Sadness and suicide ideation and attempts**  
 Reduce the rate of suicide attempts by adolescents  
 Idaho 2001: 8%    Idaho 2003: 9%

## Tobacco Use

Tobacco use is considered the chief preventable cause of death in the United States with an estimated 18% of all deaths attributed to tobacco use.<sup>13,14</sup> Cigarette smoking is responsible for heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. In addition, there is evidence that cigarette smokers are more likely to drink alcohol and use marijuana and cocaine as compared to non-smokers.<sup>13</sup> If current patterns of smoking behavior persist, an estimated 5 million U.S. persons who were aged 0 to 17 years in 1995 could die prematurely from smoking-related illnesses.<sup>15</sup> Tobacco use questions on the YRBS measured smoking experimentation, current smoking patterns, age of initiation, adherence to Federal regulations regarding sale of cigarettes, smoking on school property and attempts to quit smoking.

### Tobacco Use in Idaho

- One in six Idaho students has smoked a cigarette for the first time before age 13
- By the 12th grade, less than half of all male and female students have tried cigarette smoking
- 17% of male and 15% of female high school students smoked a cigarette for the first time before age 13
- 62% of Idaho Hispanic students and 41% of Idaho's white students have tried cigarette smoking
- 18% of Idaho high school students used tobacco (in some form) during the previous 30 days



HP 2010 Goal 27-02a: **Current tobacco use**  
 Reduce use of any tobacco products in the past month by adolescents to 21%  
 Idaho 2001: 23%    **Idaho 2003: 18%**

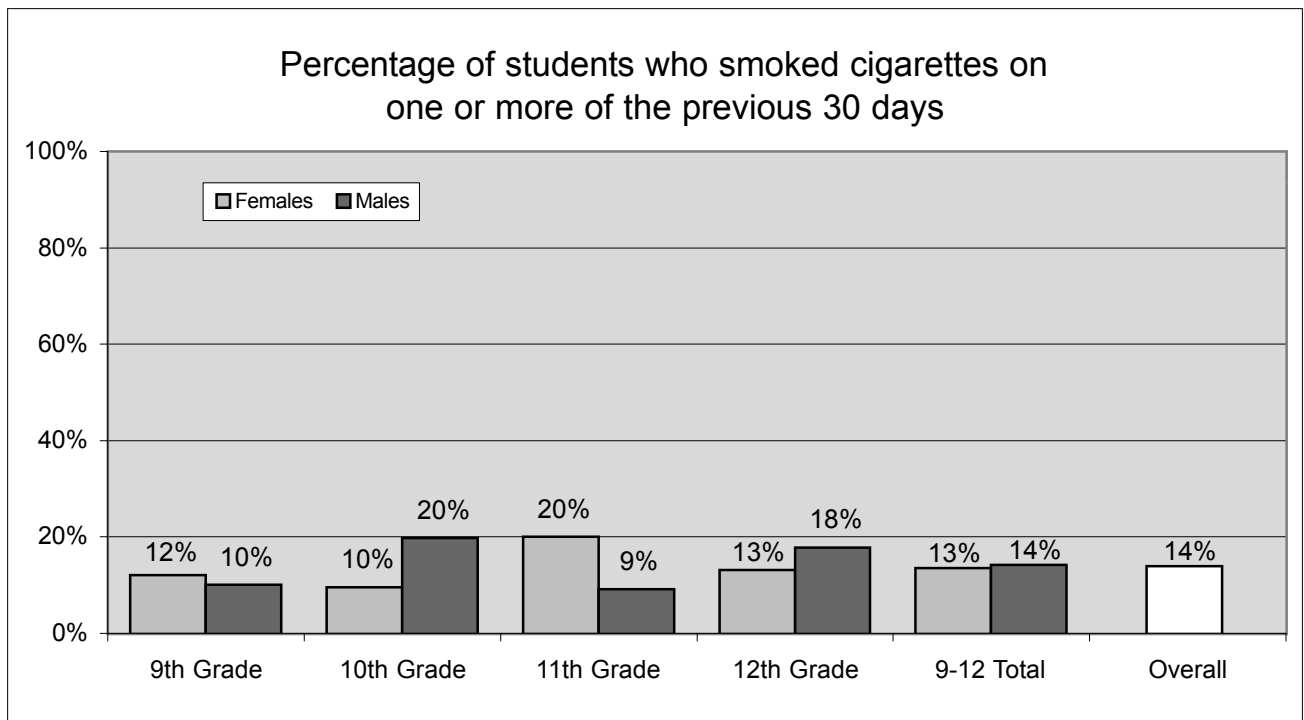
# Tobacco Use

If the trend in early initiation of cigarette smoking continues, approximately 5 million children aged 18 years and younger who are living today will die prematurely because they began to smoke cigarettes during adolescence.<sup>16</sup> In Idaho, 31% of all high school students have smoked at least one cigarette during their lifetime and 27% live with someone who smokes cigarettes.

Although traditionally lower than the national smoking rate (29% in 2001), 14% of Idaho's high school students are current smokers, and 6% smoked on 20 or more of the previous 30 days. Smoking rates among Idaho male and female students are similar, however 12th grade students are nearly three times more likely to have smoked during the previous month than the 9th grade students.

## Tobacco Use in Idaho

- One in seven high school students smoked cigarettes on one or more of the past 30 days
- Approximately one in ten 9th grade students smoked during the past 30 days
- 6% of Idaho's high school students (grades 9-12) smoked on 20 or more of the past 30 days
- 18% of 12th grade males and 13% of 12th grade females have smoked during the past 30 days
- 9% of 12th grade males and 7% of 12th grade females smoked on 20 or more of the past 30 days
- 12th grade students were nearly three times as likely to have smoked on 20 or more of the past 30 days than those students in the 9th grade



HP 2010 Goal 27-02b: **Cigarette use**  
 Reduce use of cigarettes in the past month by adolescents to 16%  
 Idaho 2001: 19% **Idaho 2003: 14%**

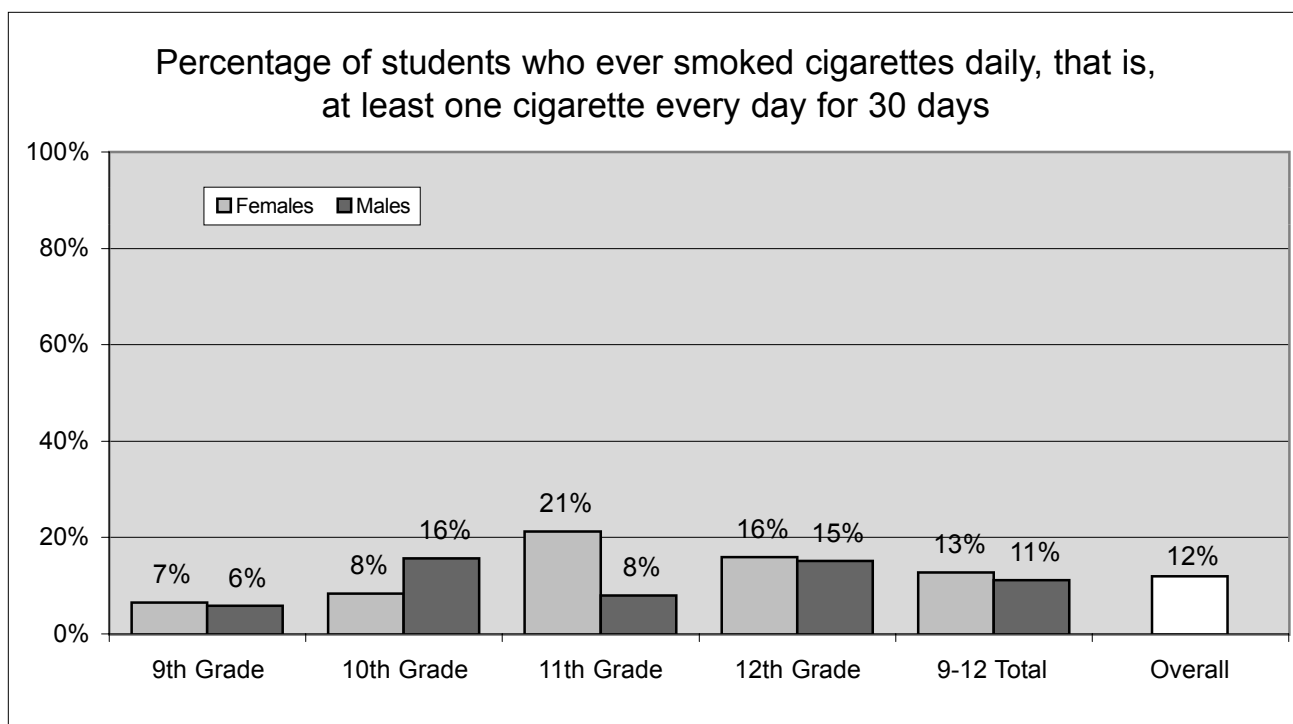
## Tobacco Use

According to the *U.S. Surgeon General's Report on Reducing Tobacco Use*, implementing effective educational programs for preventing tobacco use could postpone or prevent smoking onset in 20% to 40% of U.S. adolescents.<sup>13</sup> Two-thirds of Idaho teens have never or rarely discussed the dangers of tobacco use with their parents in the past year, 19% think they will smoke a cigarette at some time during the next year and 9% of all high school students think they will be smoking cigarettes five years from now.

Environmental tobacco smoke (ETS) is estimated to cause 3,000 lung cancer deaths and as many as 62,000 coronary heart disease deaths each year in the United States.<sup>17</sup> Roughly half of Idaho's high school students were exposed to environmental tobacco smoke during the week prior to completing the survey.

### Tobacco Use in Idaho

- 15% of 12th grade males and 16% of 12th grade females have smoked at least one cigarette every day for 30 days at some point in his or her lifetime
- Nearly one in eight high school students has smoked cigarettes daily
- Very few Idaho students (1%) were likely to smoke more than 10 cigarettes per day on days that they smoked during the previous month
- 3% of 12th grade males and 1% of 12th grade females smoked a cigarette on school property during the previous 30 days
- 53% all students who were considered current smokers tried to quit smoking at least once during the previous year



HP 2010 Goal 27-07: **Current tobacco use**  
 Increase tobacco use cessation attempts by adolescent smokers to 84%  
 Idaho 2001: 60%    Idaho 2003: 53%

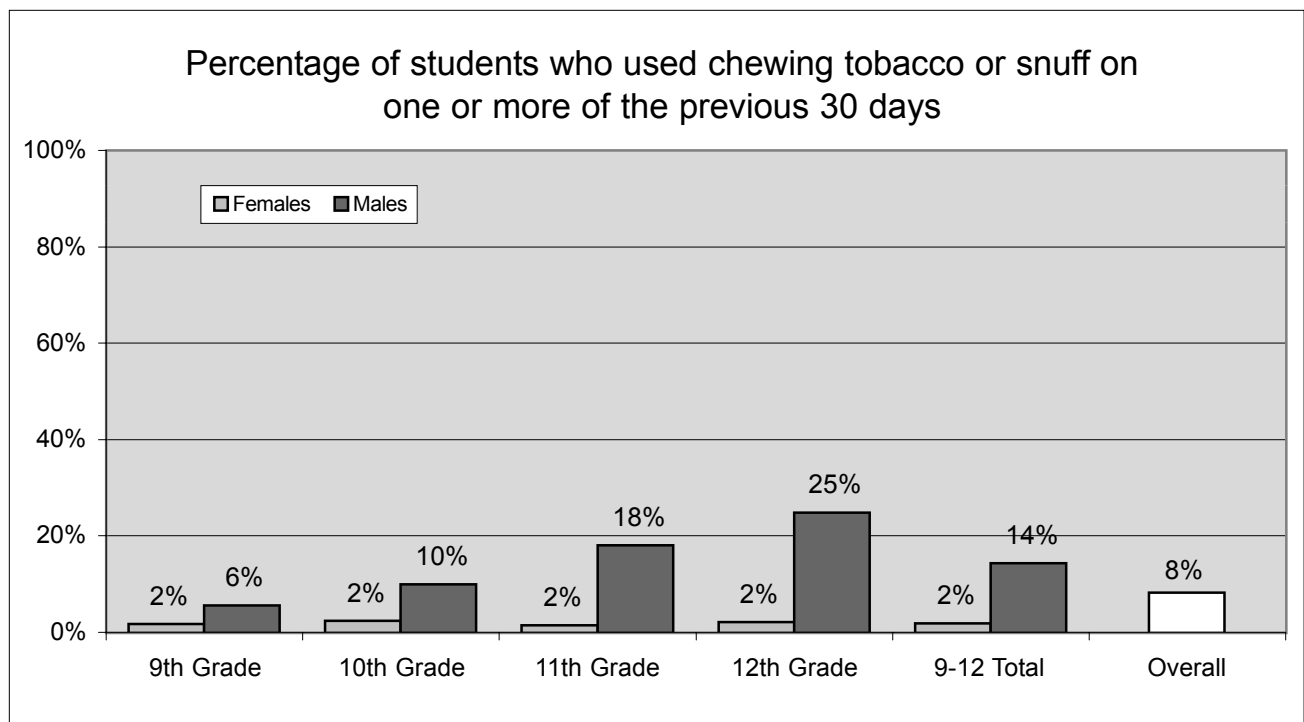
# Tobacco Use

Smokeless tobacco use primarily begins in early adolescence. In the United States between 1970 and 1986, the prevalence of chewing tobacco use increased four times among males aged 17 to 19.<sup>13,18</sup> Research has shown that oral cancer occurs more frequently among chewing tobacco users than nonusers and may be 50 times as frequent among long-term snuff users.<sup>19</sup> Six percent of high school students in Idaho used chewing tobacco in the previous month and 5% of all male students used chewing tobacco on school property during the same time period.

Despite the health effects associated with cigar smoking, total cigar consumption in the United States was approximately 5.3 billion cigars in 1998.<sup>20</sup> The 2003 YRBS measured cigar use and found that 9% of Idaho's high school students smoked a cigar, or cigarillo in the previous month.

## Tobacco Use

- Nearly one in ten high school males used chewing tobacco during the previous 30 days
- 12th grade males were two and a half times as likely as 9th grade males to have used chewing tobacco in the previous month
- 9% students smoked a cigar or cigarillo in the previous 30 days
- Male students were 3 times as likely as females to have smoked a cigar in the previous month
- 12th grade students were almost twice as likely as 9th grade students to have used any form of tobacco in the previous month



HP 2010 Goal 27-02c: **Smokeless tobacco use**  
 Reduce use of chewing tobacco in the past month by adolescents to 1%  
 Idaho 2001: 8%    Idaho 2003: 6%

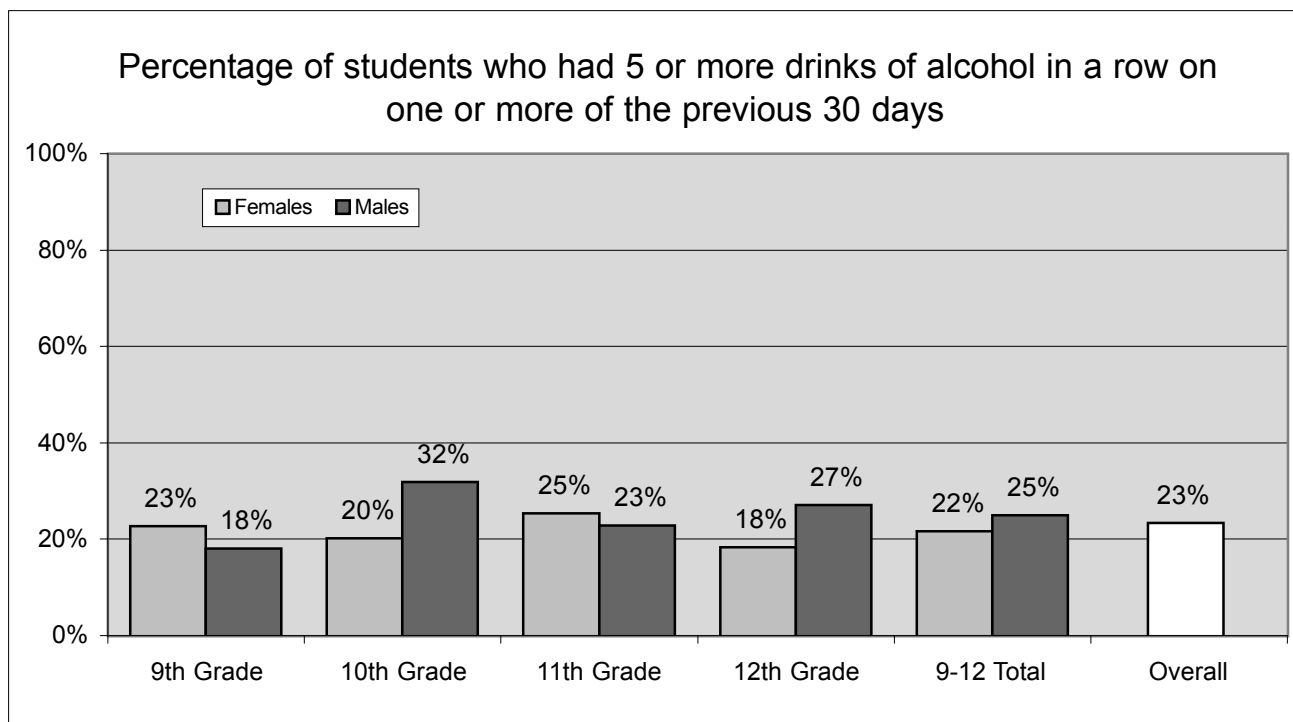


## Alcohol and Other Drug Use

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among young people.<sup>21</sup> Heavy drinking has been associated with an increased risk of marijuana use, multiple sexual partners, and poor academic performance.<sup>22,27</sup> Several YRBS questions were developed to measure frequency of alcohol use, age of initiation, heavy drinking, and drinking on school property. In Idaho, 35% of high school students drank alcohol in the previous 30 days and 23% had their first drink of alcohol before age 13. Nearly one-fourth of Idaho's students engaged in binge drinking (defined as having five or more drinks in a row) during the month prior to completing the survey.

### Alcohol and Other Drug Use in Idaho

- 23% of Idaho high school students had their first drink of alcohol (other than a few sips) before the age of 13
- Hispanic students (7%) were over twice as likely as white students (3%) to have had at least one drink of alcohol on school property on one or more of the previous 30 days
- 35% of 12th grade males and 29% of 12th grade females had at least one drink of alcohol on one or more of the previous 30 days
- 27% of 12th grade males had five or more drinks of alcohol in a row, on one or more occasions during the previous 30 days



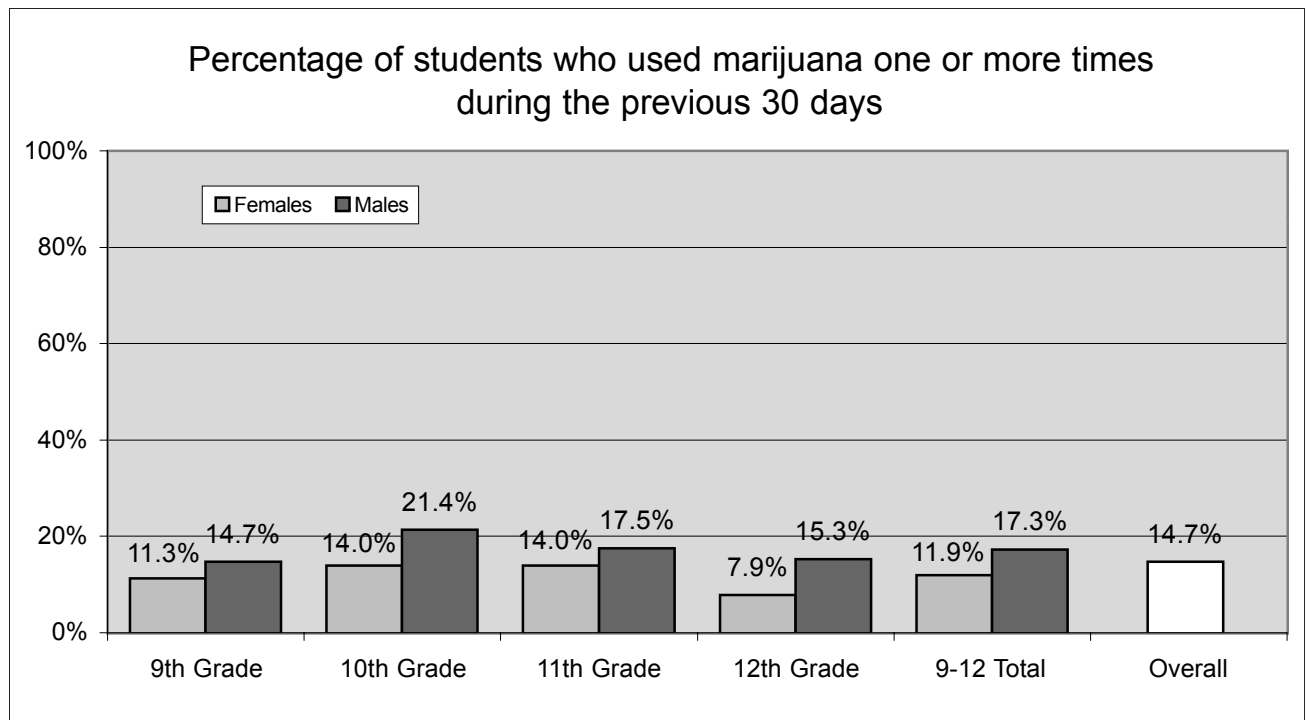
HP 2010 Goal 26-11d: **Alcohol use**  
 Reduce the proportion of adolescents engaging in binge drinking during the previous month  
 Idaho 2001: 27% **Idaho 2003: 23%**

# Alcohol and Other Drug Use

In the past 20 years, the use of marijuana has increased 30-fold; and it is estimated that more than a quarter of the American population has used it.<sup>25</sup> Although marijuana is an illegal substance, 15% of Idaho's high school students smoked marijuana during the previous month, and 31% have smoked it at least once in their lives. This compares nationally, where one-fourth of all high school students smoked marijuana in the previous month and almost half of all students have tried marijuana.<sup>24</sup> Despite improvements in recent years, drug use is greater among high school students and other young adults in the U.S. than in any other industrialized nation in the world.<sup>23</sup>

## Alcohol and Other Drug Use in Idaho

- One in three Idaho high school students has used marijuana one or more times during his or her life
- 8% of male students and 5% of female students tried marijuana for their first time before the age of 13
- Hispanic students (28%) were more than twice as likely as white students (13%) to have used marijuana one or more times during the past 30 days
- 12th grade males (10%) were twice as likely as 9th grade males (5%) to have used marijuana on school property during the previous month
- Overall, 6% of Idaho high school students used marijuana on school property during the previous month



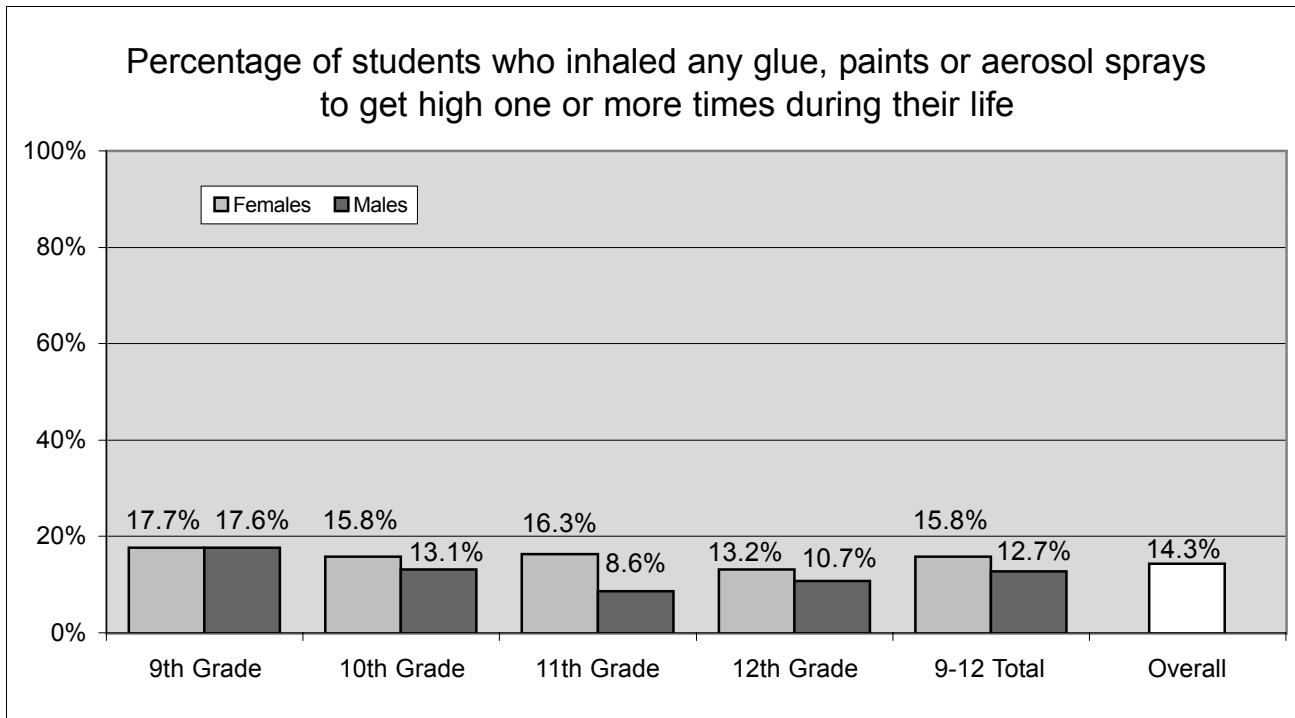
HP 2010 Goal 26-10b: **Marijuana use**  
 Reduce the proportion of adolescents reporting use of marijuana during the previous month  
 Idaho 2001: 18% **Idaho 2003: 15%**

## Alcohol and Other Drug Use

2003 Idaho YRBS drug related questions measured the frequency of cocaine, inhalant (like paint or other aerosols), heroin, methamphetamine, hallucinogen, steroid, and injected drug use. In addition to morbidity and mortality due to injury, drug abuse is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases, including HIV. Six percent of Idaho students have tried cocaine and 2% used it in the month prior to completing the survey. Huffing substances to get high has been done by 14% of Idaho's students at least once in his or her lifetime and 4% of students huffed at least once in the previous month. Lifetime use of ecstasy, which is a new measure with the 2003 Idaho YRBS, was 5% among Idaho students.

### Alcohol and Other Drug Use in Idaho

- 16% of Idaho's Hispanic high school students (compared to 5% of white students) have used cocaine one or more times during his or her lifetime
- One in ten 12th grade males have used some form of cocaine during their lives
- 5% of Idaho high school students have used ecstasy during their lives
- 14% of Idaho's high school students has sniffed glue, breathed the contents of aerosol spray cans, or inhaled paint or sprays to get high one or more times in his or her life



HP 2010 Goal 26-9c: **Alcohol use**  
 Increase the proportion of high school seniors who have never used alcohol  
 Idaho 2001: 26%    **Idaho 2003: 40%**

# Alcohol and Other Drug Use

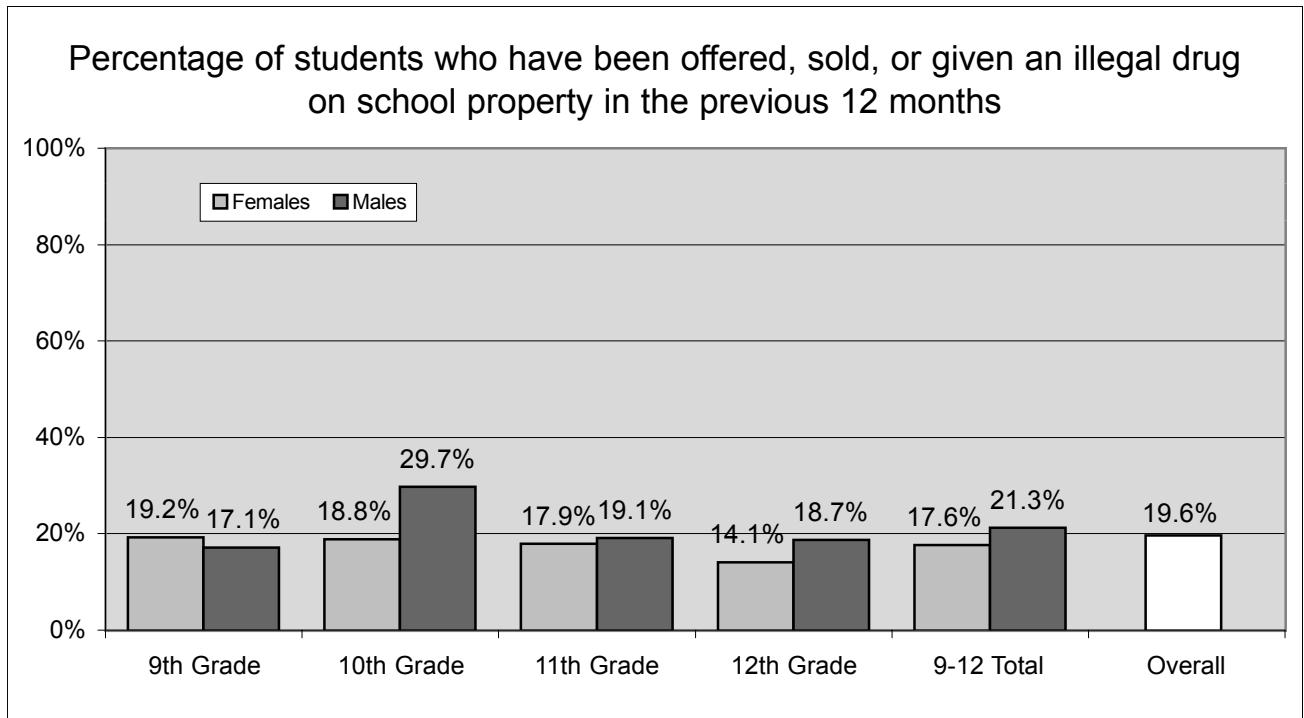
Methamphetamine (also known as "speed," "crystal," "crank," "go," and "ice") is the most widely illegally manufactured, distributed, and abused type of amphetamine. An estimated 4 million persons in the United States have abused methamphetamine at least once during his or her lifetime.<sup>28</sup>

Methamphetamine use is also a problem among Idaho teens as 6% of all high school students have tried it at least once.

Hispanic students in Idaho high schools are twice as likely as white students to have ever used heroin or methamphetamines. Hispanic students are also three times as likely as white students to have ever used any form of cocaine.

## Alcohol and Other Drug Use in Idaho

- 2% of Idaho high school students report having used heroin at least once during their lives
- 4% of Idaho's high school Hispanic students report having used heroin at least once during their lives
- Hispanic students (11%) are twice as likely as white students (5%) to have used methamphetamines one or more times during their lives
- One in four Idaho high school students were offered, sold, or given an illegal drug on school property during the previous month



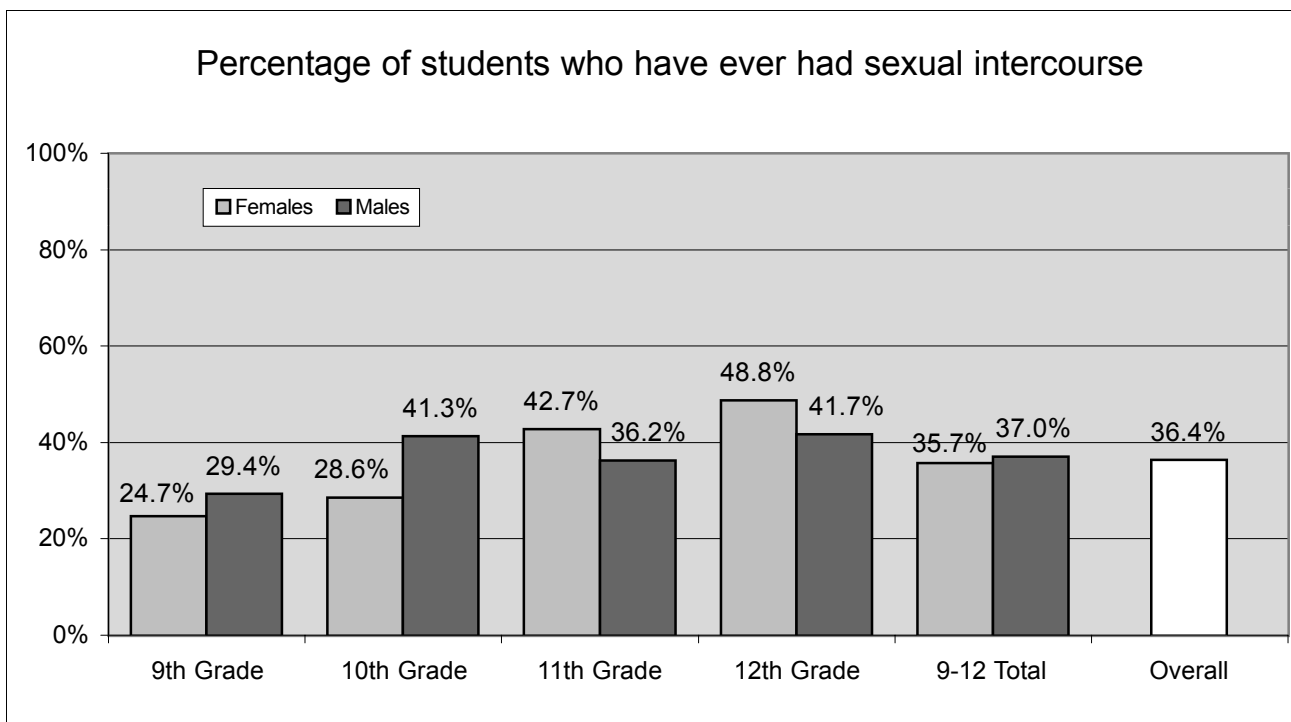
HP 2010 Goal 26-9d: **Illicit drug use**  
 Increase the proportion of high school seniors who have never used illicit drugs  
 Idaho 2001: 53% **Idaho 2003: 63%**

## Sexual Behavior

The 2003 Idaho YRBS included sexual behavior questions that measured the prevalence of sexual activity, age at first intercourse, and whether students have received HIV education. Each year in the United States almost 1 million teenage girls become pregnant and roughly 275,000 teenagers obtain an abortion.<sup>38</sup> In Idaho, there were 1,392 out-of-wedlock births and 357 abortions among women aged 15 to 19 in 2001.<sup>8</sup> Early sexual activity is associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection, and negative effects on social and psychological development.<sup>33</sup> While 64% of Idaho students abstained from having sex, 36% have had sexual intercourse. Five percent of those students had sex for the first time before the age of 13.

### Sexual Behavior in Idaho

- 27% of 9th grade students and 45% of 12th grade students have had sexual intercourse
- 42% of 12th grade males and 49% of 12th grade females have had sexual intercourse
- 9th grade students (8%) were more than twice as likely as 12th grade students (3%) to have had sexual intercourse for the first time before the age of 13
- 6% of high school males and 3% of high school females had sexual intercourse for the first time before the age of 13



HP 2010 Goal 25-11d: **Sexual intercourse**

Increase the proportion of adolescents that abstain from ever having sexual intercourse

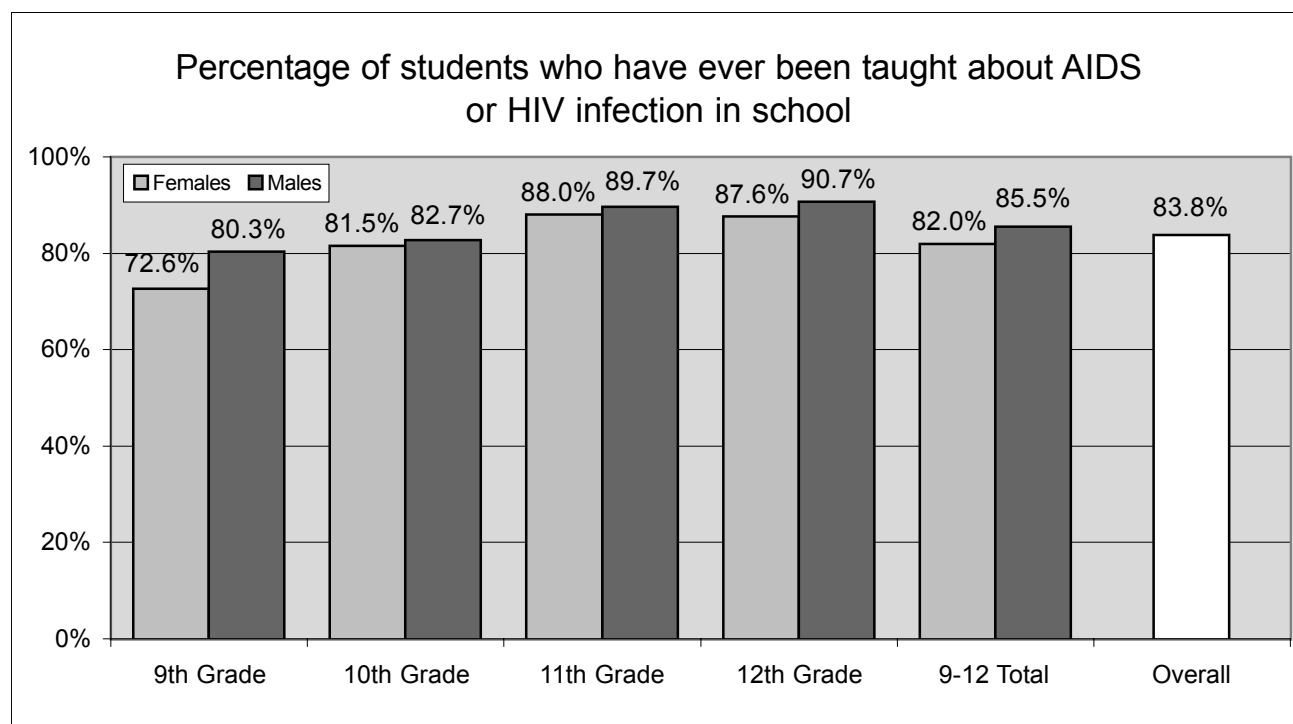
Idaho 2001: 64% Idaho 2003: 64%

# Sexual Behavior

Though it is no longer ranked among the leading causes of death in the United States, in 1999, HIV was the fifth leading cause of death for Americans between the ages of 25 and 44.<sup>29</sup> It has been estimated that at least half of all new HIV infections in the United States are among people under 25, and the majority of young people are infected sexually.<sup>39</sup> Nationally, the rate of high school students that have received education in school about AIDS and HIV infection is roughly 90%.<sup>24</sup> In Idaho, 84% of all high school students have been taught about AIDS or HIV infection and 89% of all 12th grade students say they have received some education about AIDS or HIV infection in school.

## Sexual Behavior in Idaho

- 84% of all Idaho students have been taught about AIDS or HIV infection in school
- By the 12th grade 91% of male students and 88% of female students have been educated on AIDS or HIV infection
- 9th grade students were the least likely to have received information on AIDS or HIV infection in school (77%)
- 69% of Hispanic students and 85% of white students report being taught about AIDS or HIV infection in school



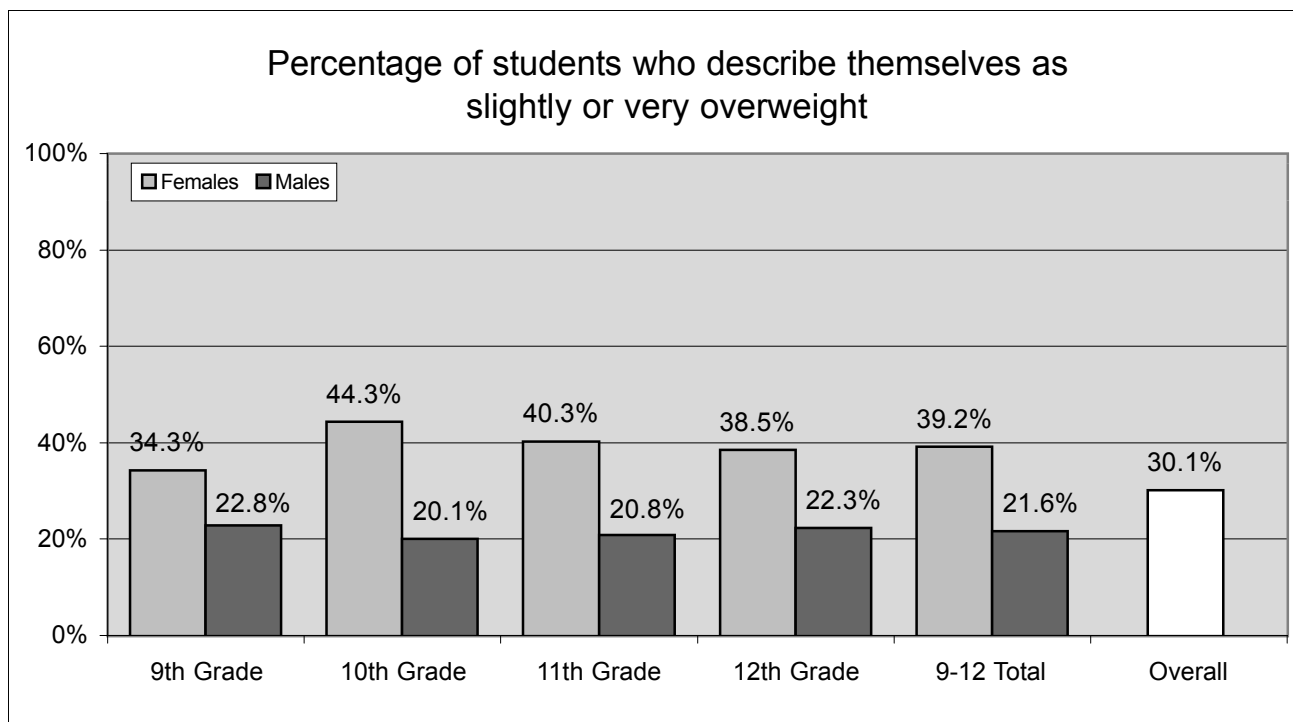
HP 2010 Goal 7-2g: **HIV education**  
 Increase the proportion of high schools that provide school health education to prevent unintended pregnancy, HIV/AIDS, and STD infection  
 Idaho 2001: 85%    Idaho 2003: 84%

## Dietary Behaviors

In adolescence, obesity is associated with hypertension, abnormal glucose tolerance, and adverse psychological and social consequences. In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>32</sup> The 2003 Idaho YRBS dietary behavior questions measure self-reported height and weight, self-perception of body weight status, and specific weight control behaviors, fruit and vegetable consumption and participation in physical activity. According to self reported height and weight measurements, 7% of Idaho high school students were overweight.

### Dietary Behaviors in Idaho

- One in ten Idaho high school students is at risk of becoming overweight (based on BMI calculation, see page 19)
- Female students (39%) are nearly twice as likely as male students (22%) to describe themselves as being overweight
- 64% of female high school students were trying to lose weight compared to 23% of males students
- Among female students trying to lose weight; 17% went without eating for 24 hours, 10% took diet drugs, and 8% vomited or took laxatives
- Overall, 60% of students had exercised during the previous 30 days in order to lose weight or keep from gaining weight



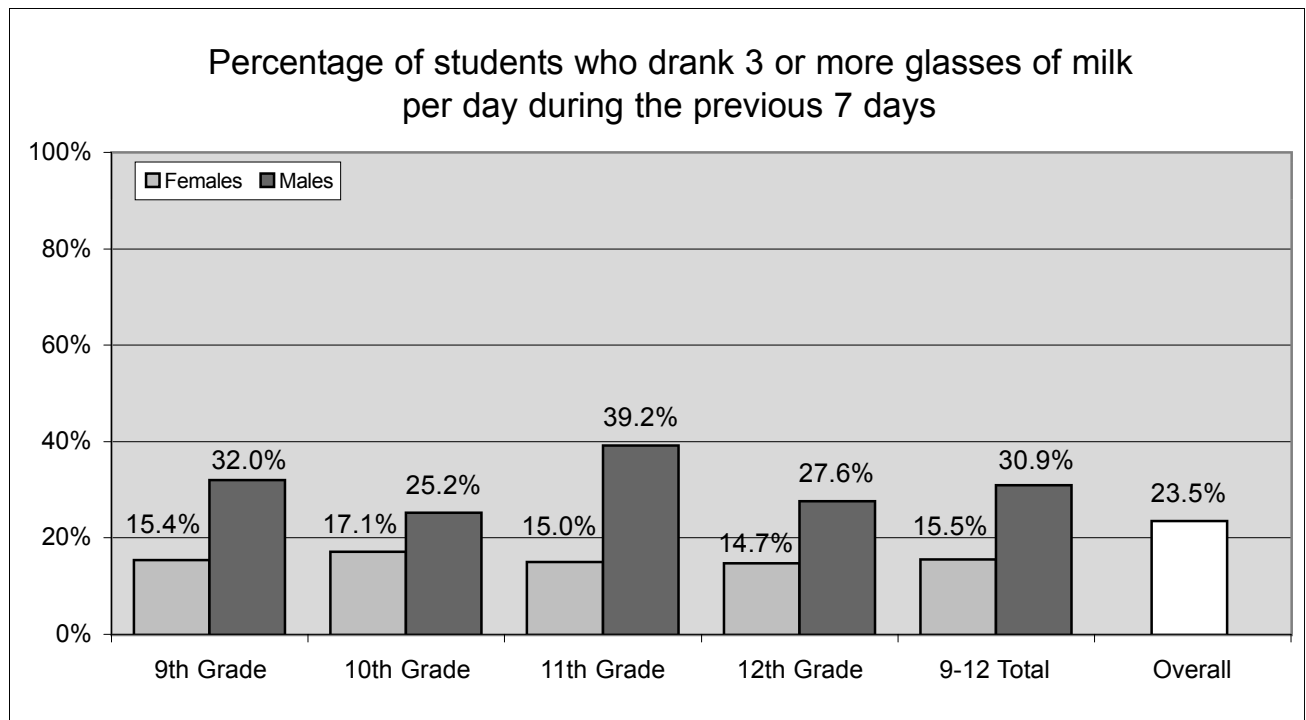
HP 2010 Goal 19-3: **Overweight**  
 Reduce the proportion of overweight or obese adolescents to 5%  
 Idaho 2001: 7%    Idaho 2003: 7%

# Dietary Behaviors

Americans currently consume more than 36% of their calories from fat.<sup>30</sup> Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.<sup>31</sup> YRBS dietary behavior questions measured fruit and vegetable consumption along with the consumption of milk. During the week prior to the survey, 19% of all students had five or more servings of fruits and vegetables per day. Nearly three-fourths of Idaho students ate a green salad on one or more times during the previous week, and 83% drank 100% fruit juice on one or more occasions during the same time period. Male students were twice as likely to drink three or more glasses of milk per day than female students.

## Dietary Behaviors in Idaho

- Female students (76%) were more likely than male students (71%) to have eaten a green salad on one or more occasions during the previous week
- Overall, 30% of Idaho's students drank soda pop one or more times a day during the previous week
- One in five students bought their lunch from a vending machine on at least one day during the previous week
- Male students (31%) were twice as likely as female students (16%) to have drank 3 or more glasses of milk per day during the previous week



The Idaho YRBS uses self-reported weight and height to calculate the Body Mass Index (BMI), defined as weight in kilograms divided by the square of height in meters. Students are considered to be at risk of becoming overweight if they have a BMI greater than the 85th percentile but less than the 95th percentile. Overweight students are defined as those with a BMI greater than the 95th percentile.



# Physical Activity

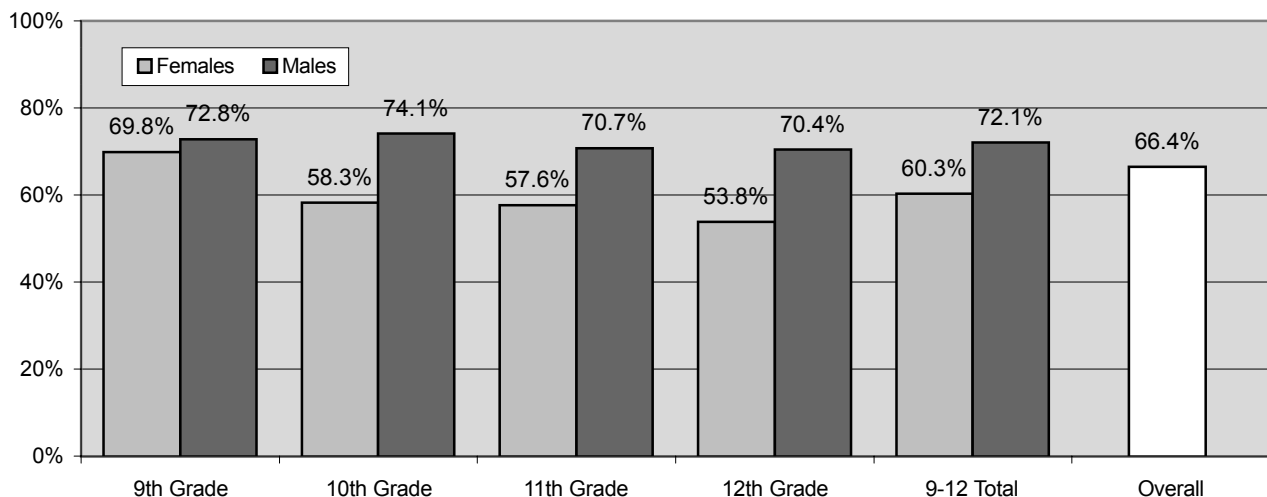
Physical activity helps build and maintain healthy bones and muscles; control weight, build lean muscle, and reduce fat; and reduce feelings of depression and anxiety and promote psychological well-being.<sup>32</sup> National statistics indicate that nearly half of young people aged 12 to 21 do not engage in vigorous physical activity on a regular basis.<sup>33</sup>

Idaho's YRBS questions measured participation in physical activity, physical education classes, sports teams, and television watching. In Idaho, 66% of all high school students reported they exercised or participated in physical activities (that made them sweat and breathe hard) for at least 20 minutes on 3 or more of the previous 7 days. However, 9% of Idaho's high school students did not participate in any vigorous or moderate physical activity during the previous 7 days.

## Physical Activity in Idaho

- Male students (72%) were significantly more likely than female students (60%) to participate in physical activity for at least 20 minutes on 3 or more of the previous 7 days
- 12th grade females (13%) were more likely than 9th grade females (8%) to have **not** participated in any vigorous or moderate physical activity during the previous week
- Hispanic students (15%) were significantly more likely than white students (8%) to have **not** participated in any vigorous or moderate physical activity during the previous 7 days
- Over half of all students did exercises to strengthen or tone their muscles on three or more of the previous 7 days

Percentage of students who exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the previous 7 days



### HP 2010 Goal 22-11: **Vigorous and moderate physical activity**

Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more times per week for 20 or more minutes per occasion to 85%  
Idaho 2001: 67% Idaho 2003: 67%

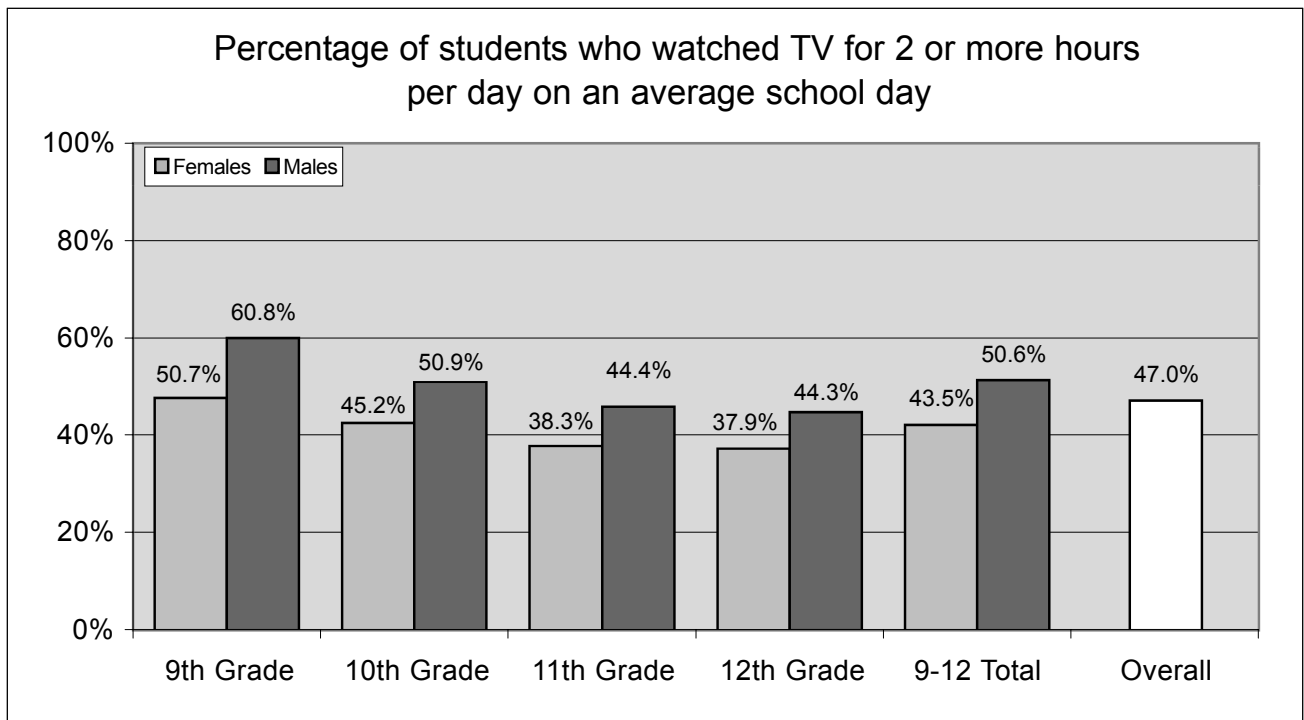
# Physical Activity

Physical inactivity increases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>34</sup> In Idaho high schools, 30% of all students attended physical education (PE) class daily, and 59% played on one or more sports teams during the previous year.

Television viewing is the principal sedentary leisure time behavior in the U.S. and studies have shown that television viewing in young people is related to obesity and violent or aggressive behavior.<sup>35,36,37</sup> Idaho's 9th grade students (56%) were significantly more likely than 12th grade students (41%) to watch two or more hours of TV on an average school day. Male students (50%) were also significantly more likely than female students (43%) to have watched two or more hours of TV on an average school day.

## Physical Activity in Idaho

- Among students enrolled in PE, 91% indicated they exercised or played sports for more than 20 minutes during the average class
- Male students (35%) were significantly more likely than female students (23%) to attend PE class daily
- Male students (60%) were only slightly more likely than female students (57%) to have played on one or more sports teams during the previous year
- Overall, 46% of all students and 60% of Hispanic students watched two or more hours of TV on the average school day

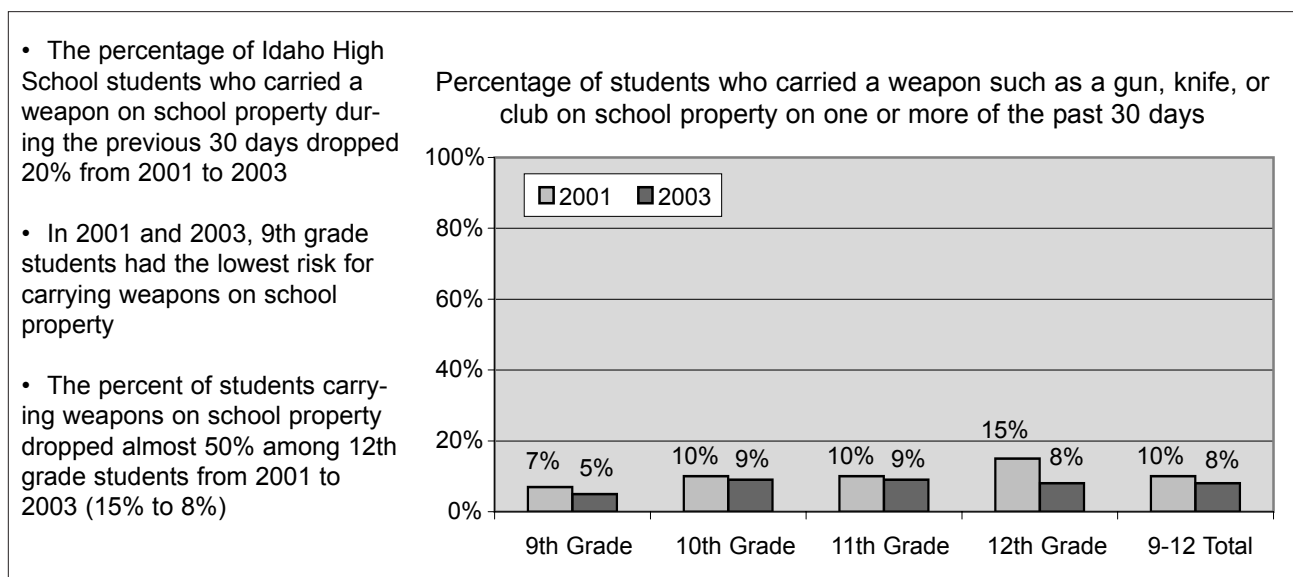
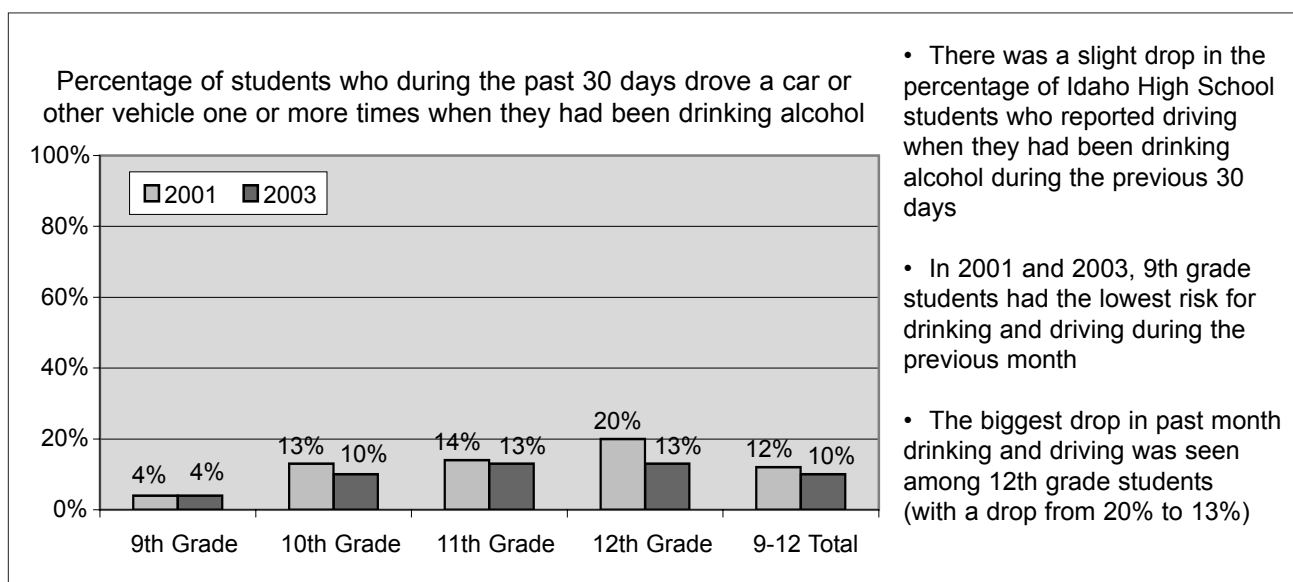


HP 2010 Goal 22-11: **Watching television**  
 Decrease the proportion of adolescents who view television 2 or more hours per day to 25%  
 Idaho 2001 Baseline: 47%

## 2001 to 2003

The following graphs show how students' responses changed, or in some cases did not change, from the 2001 Idaho YRBS to the 2003 Idaho YRBS. The graphs are grouped by topic area (i.e. tobacco use, alcohol and other drug use, sexual behavior, etc.).

### Unintentional and Intentional Injuries

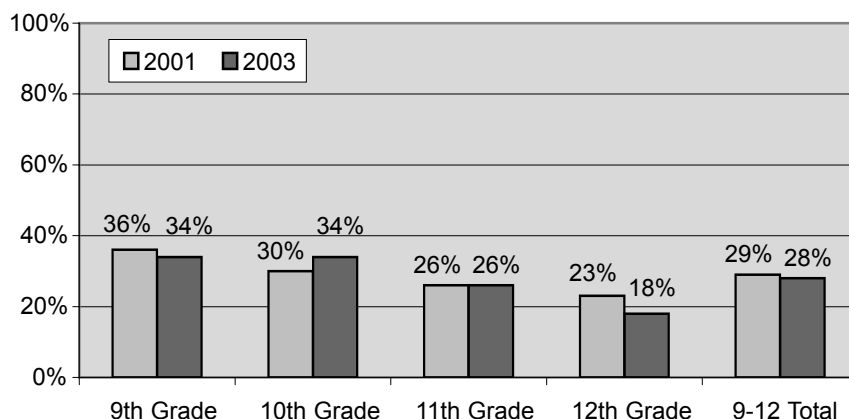


- There was a very slight drop in the percentage of Idaho High School students who reported being in a physical fight during the previous 12 months

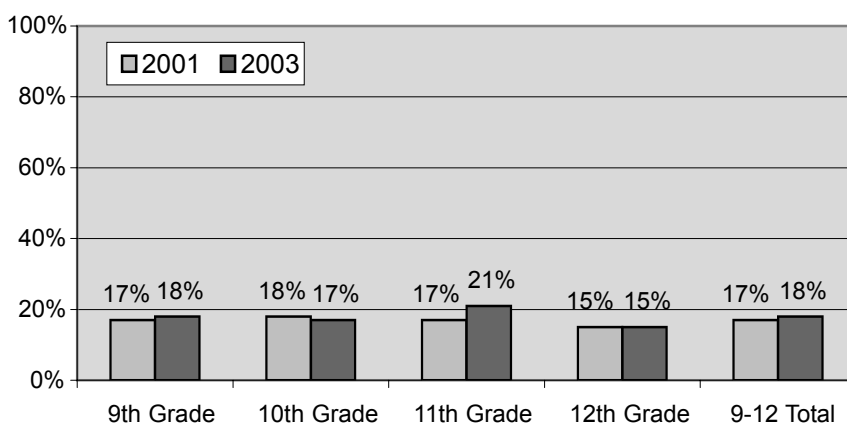
- In 2001 and 2003, 12th grade students had the lowest risk for being involved in a physical fight during the previous year

- The biggest drop in past year physical fighting was seen among 12th grade students (with a drop from 23% to 18%)

Percentage of students who were in a physical fight one or more times during the past 12 months



Percentage of students who seriously considered attempting suicide during the past 12 months



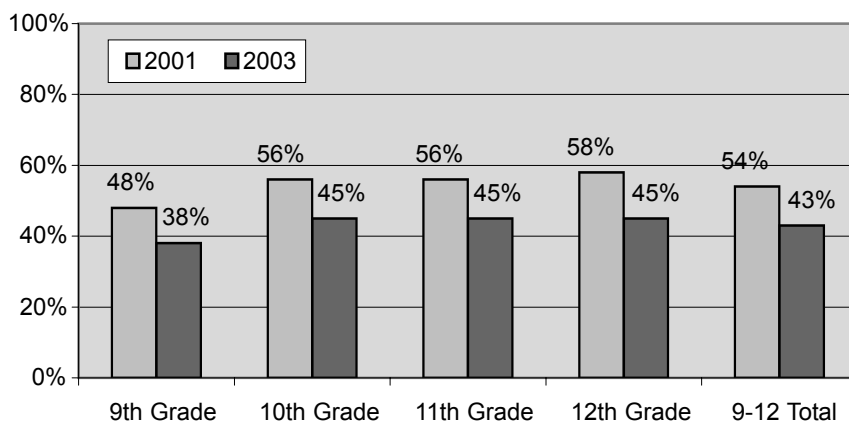
- Suicide ideation continues to be a big problem among Idaho High School students.

- From 2001 to 2003, there was a slight increase in the percent of students who seriously considered attempting suicide during the previous year (from 17% to 18%)

- Although there was little difference among grade levels, 12th grade students had the lowest risk for suicide ideation

## Tobacco Use

Percentage of students who ever tried cigarette smoking, even one or two puffs



- Overall, there was a significant drop in the percentage of high school students who have ever tried cigarette smoking (from 54% in 2001 to 43% in 2003)

- The percentage of high school students who have ever tried cigarette smoking increases slightly with grade level (38% among 9th grade students compared to 58% among 12th grade students)

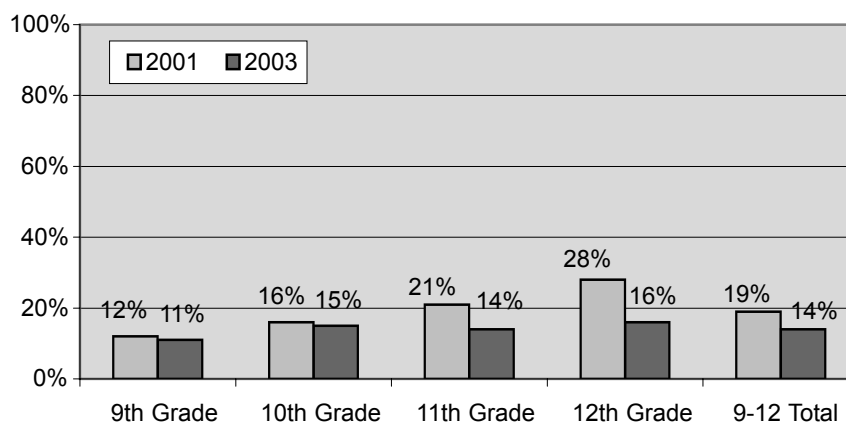
- Lifetime cigarette use declined 26% among 9th grade students from 2001 to 2003

- Current smoking among all high school students dropped 26% from 2001 to 2003 (from 19% to 14%)

- The percentage of high school students who are current cigarette smokers increases with grade level (11% among 9th grade students and 16% among 12th grade students)

- Between 2001 and 2003, past month cigarette use declined 43% among 12th grade students

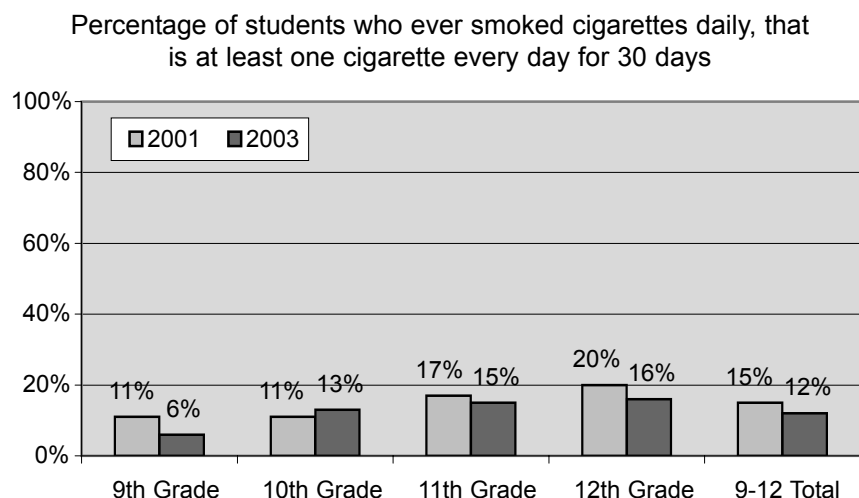
Percentage of students who smoked cigarettes on one or more of the past 30 days



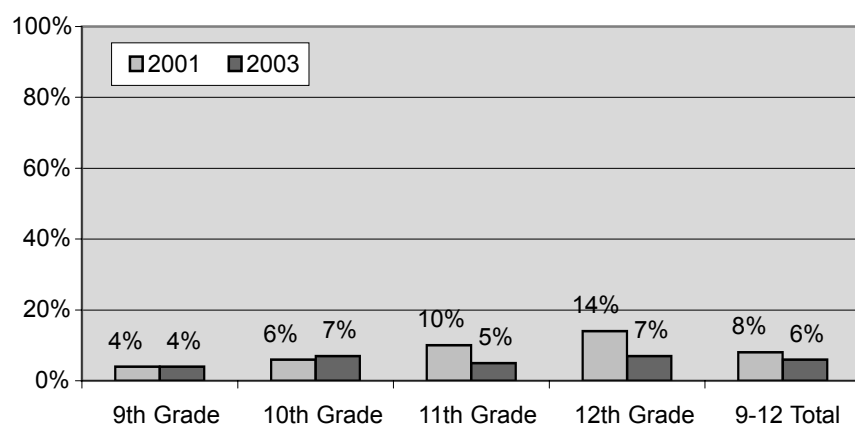
- Overall, there was a decrease in the percentage of high school students who have ever smoked cigarettes daily (from 15% in 2001 to 12% in 2003)

- The percentage of students who ever smoked cigarettes daily dropped nearly 50% among 9th grade students from 2001 to 2003

- Among grade levels, only 10th grade students had an increase (from 11% to 13%) in the percentage of students who had ever smoked cigarettes daily



Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days



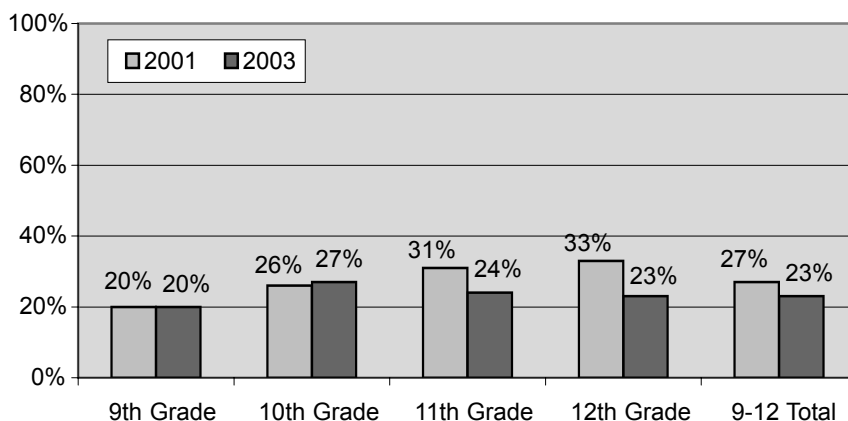
- The percentage of Idaho high school students that used chewing tobacco or snuff during the previous 30 days dropped from 8% to 6%

- In 2003, past month chewing tobacco or snuff use was relatively unchanged among grade levels

- 10th and 12th grade students had the highest percentage of students (7%) who had used chewing tobacco or snuff in the previous month

## Alcohol and Other Drug Use

Percentage of students who had 5 or more drinks of alcohol in a row on one or more of the previous 30 days



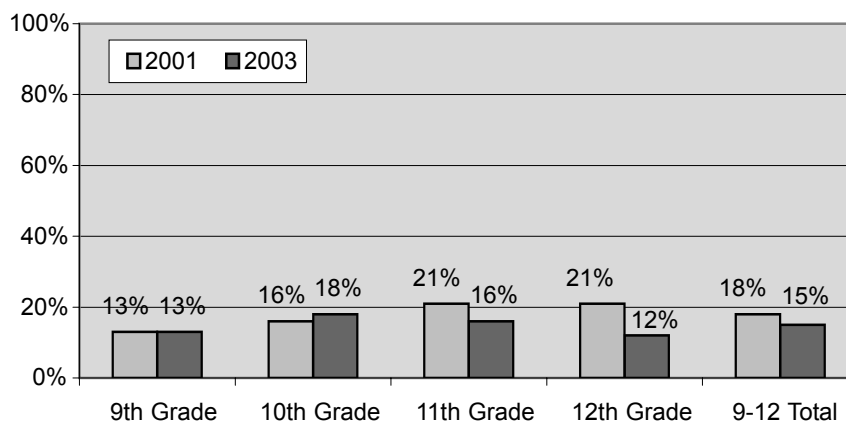
- In 2003, binge drinking (5 or more drinks of alcohol in a row) dropped from 27% in 2001 to 23% in 2003
- Idaho's 10th grade students have the highest risk for past month binge drinking (27%)
- Between 2001 and 2003, past month binge drinking declined 30% among 12th grade students; did not drop among 9th grad students; and increased slightly among 10th grade students

- Past month marijuana use among Idaho high school students declined slightly from 18% in 2001 to 15% in 2003

- Although there was no change in past month marijuana use among 9th grade students, 12th grade students were nearly half as likely in 2003 (12%) to have used marijuana in the past month than they were in 2001 (21%)

- In 2003, 12th grade students had the lowest risk (12%) for past month marijuana use

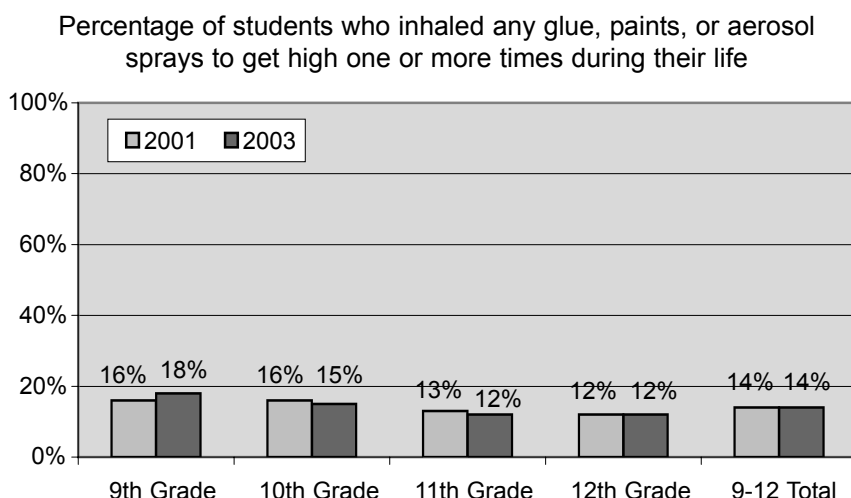
Percentage of students who used marijuana one or more times during the previous 30 days



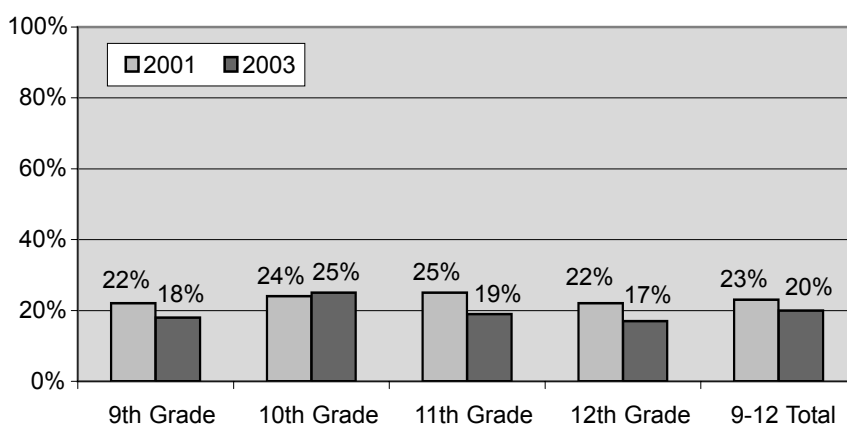
- There were very few changes from 2001 to 2003 in the percentage of Idaho high school students who “huffed” glue, paints, or other aerosols to get high

- Among Idaho students, huffing appears to decrease slightly with grade level

- The percentage of 9th grade students who inhaled any glue, paints, or aerosol sprays actually increased to 18% in 2003 (up from 16% in 2001)



Percentage of students who have been offered, sold, or given an illegal drug on school property in the previous 12 months



- Access to illegal drugs continues to be a problem among Idaho high schools as 1 in 4 students had been offered, sold, or given an illegal drug on school property during the previous year

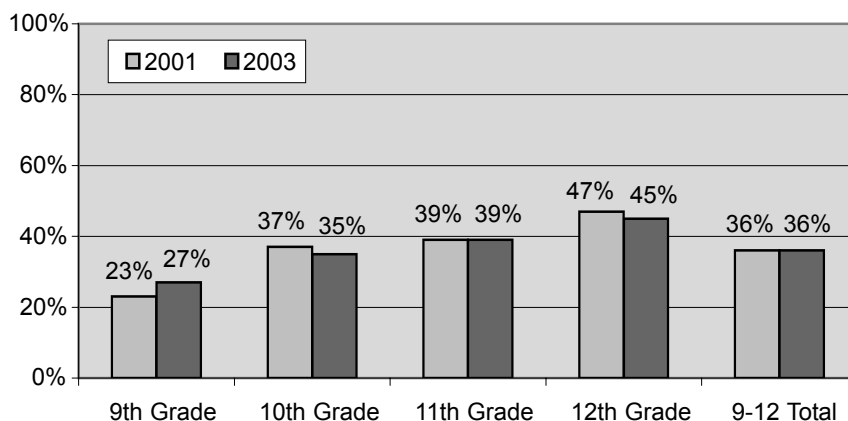
- Among Idaho students, 10th graders (25%) were most likely to have been offered, sold, or given an illegal drug on school property during the previous year

- Overall, there was a slight drop from 2001 to 2003 in the percentage of students offered, sold, or given illegal drugs on school property



## Sexual Behavior

Percentage of students who have ever had sexual intercourse



- Overall, there was no change in the percentage of Idaho high school students who have ever had sexual intercourse

- While there were slight decreases in lifetime sexual activity among 10th and 12th grade students, there was no change among 11th grade students and an increase among 9th grade students

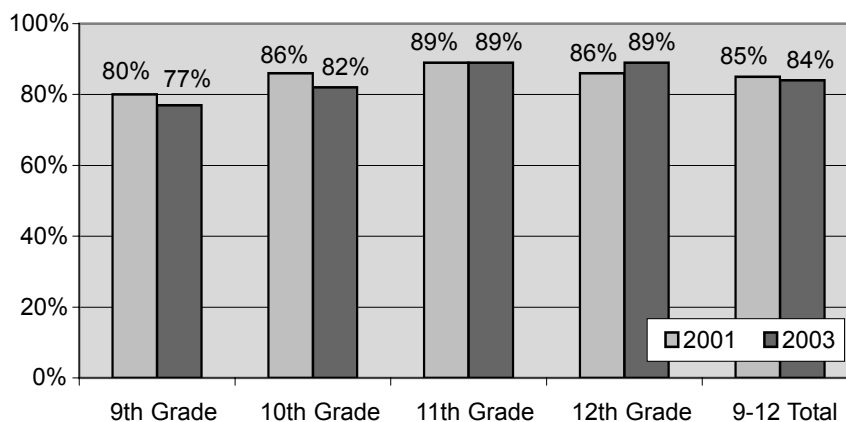
- In 2003, 9th grade students were 17% more likely to have ever had sex than they were in 2001

- The percentage of students who have ever been taught about AIDS or HIV infection dropped slightly in 2003 to 84%

- In 2003, a smaller percentage of 9th and 10th grade students reported having ever been taught about AIDS or HIV infection in school

- In 2003, 12th grade students (89%) were significantly more likely than 9th grade students (77%) to have ever been taught about AIDS or HIV infection

Percentage of students who have ever been taught about AIDS or HIV infection in school

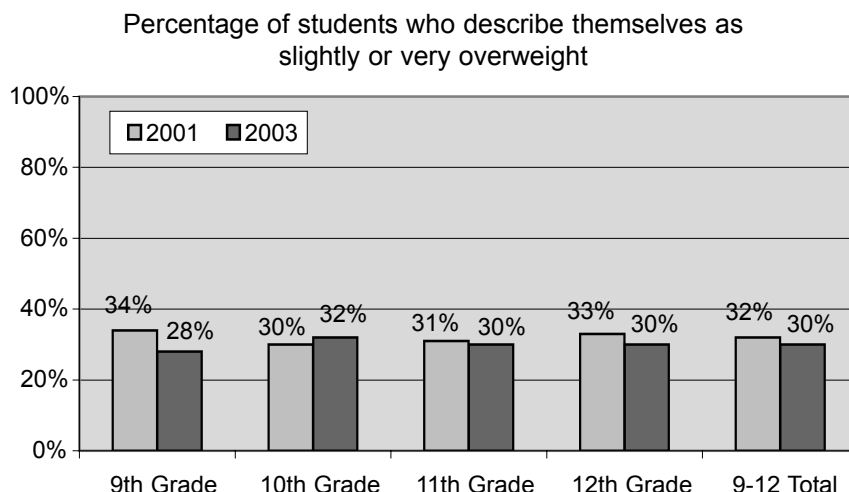


## Dietary Behavior

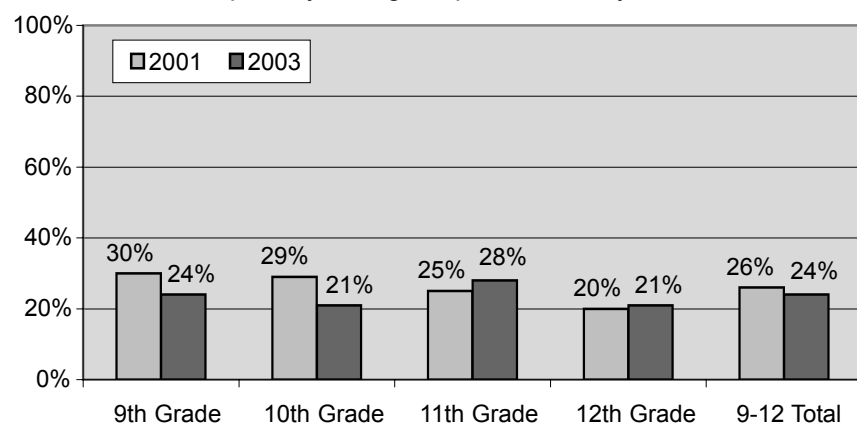
- Although slightly lower than in 2001, nearly 1 in 3 Idaho high school students describe themselves as slightly or very overweight

- Among grade levels, there are no significant differences among the percentage of students who describe themselves as slightly or very overweight

- The largest decrease in the percentage of students who describe themselves as slightly or very overweight was seen among 9th graders (34% to 28%)



Percentage of students who drank 3 or more glasses of milk per day during the previous 7 days



- The percentage of Idaho students who drank 3 or more glasses of milk during the previous week dropped slightly from 26% to 24%

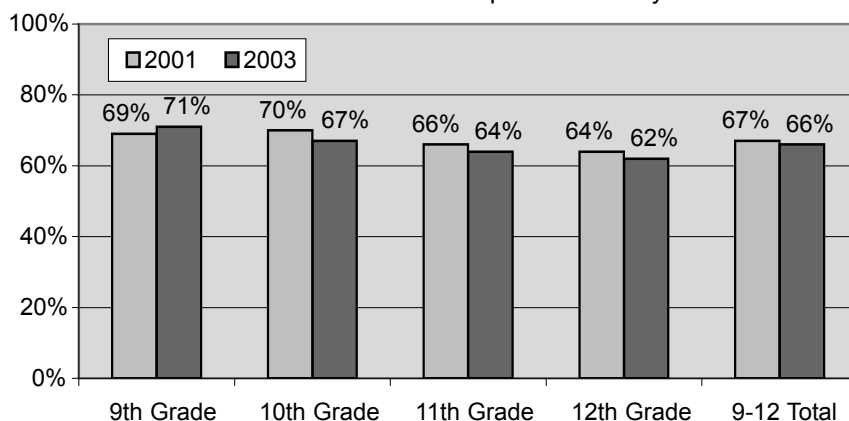
- The largest increase in the percentage of students who drank 3 or more glasses of milk during the previous week was seen among 11th grade students

- In 2003, fewer 9th and 10th grade students drank 3 or more glasses of milk than in 2001

2001 to 2003

## Physical Activity

Percentage of students who exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the previous 7 days



- In 2003 there was a slight decrease in the proportion of students who exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the previous 7 days

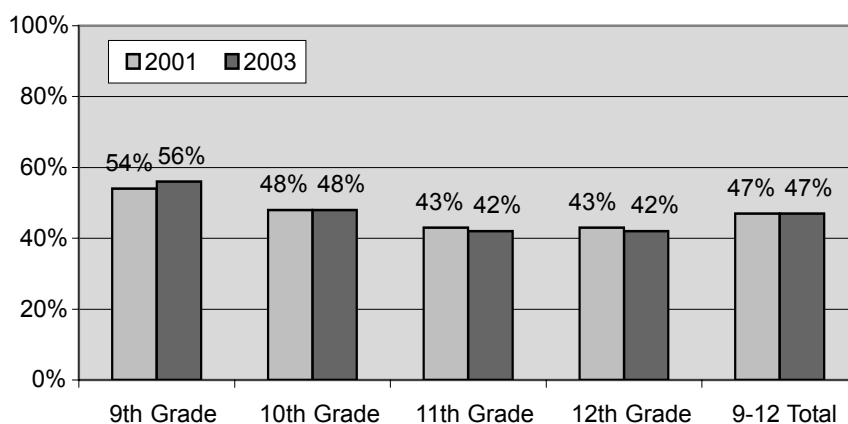
- 12th grade students were least likely in both 2001 and 2003 to have exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the previous 7 days

- The percentage of students who watched TV for 2 or more hours per day on an average school day did not change in 2003

- In 2003, 9th grade students (56%) were most likely to watch TV for 2 or more hours on an average school day

- In 2003, 9th grade students were the only grade level to see an increase in the percentage of students watching 2 or more hours of TV on the average school day

Percentage of students who watched TV for 2 or more hours per day on an average school day



**2002 SCHOOL  
HEALTH EDUCATION  
PROFILE SURVEY  
RESULTS**

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# **2002 Idaho Department of Education School Health Education Profile Survey Results**

## **About the School Health Education Profile**

The School Health Education Profile Survey (SHEPS) principal and lead health education teacher questionnaires were developed by the Division of Adolescent and School Health (DASH), the National Center for Chronic Disease Prevention and Health Promotion, the Centers for Disease Control and Prevention (CDC) in collaboration with representatives of 75 state, local, and territorial departments of education. These questionnaires can be used to monitor the current status of school health education, including education to prevent HIV infection, sexually transmitted diseases, and other important health problems, at the middle/junior high school and senior high school levels.

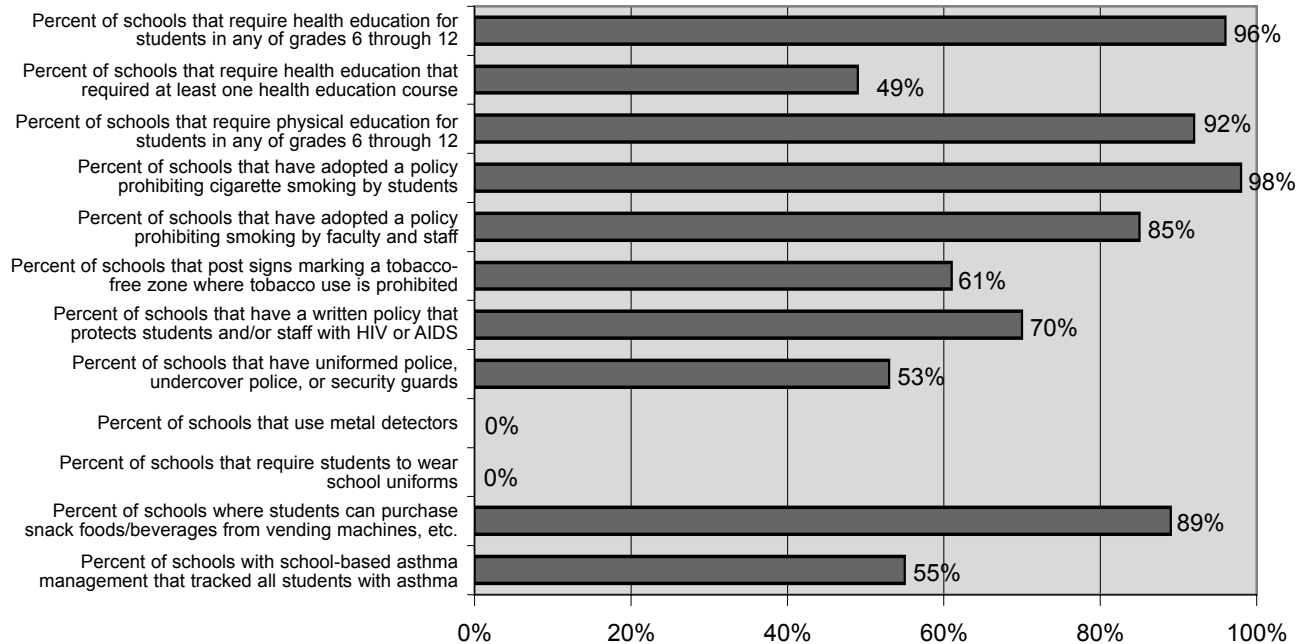
## **Executive Summary**

The School Health Education Profile includes two questionnaires, one for school principals and one for lead health education teachers. The principal's questionnaire examines health education from an administrative perspective, while the lead health education teacher's questionnaire looks at health education from an instructional perspective. These two questionnaires were mailed to 222 regular secondary public schools containing any of grades 6 through 12 in Idaho during the spring of 2002. Usable questionnaires were received from 192 principals and from 194 teachers (for response rates of 87% for each survey).

The principals and lead health education teachers who responded are representative of secondary schools in Idaho. A more complete breakdown of the results of the survey can be obtained from the Idaho Department of Education. The complete report has results broken down into the following categories: (1) overall results, (2) middle school results with a high grade of 9 or less, (3) junior-senior high schools results for schools with a low grade of 9 or higher and a high grade of 10 or higher, and (4) senior high school results for schools with a low grade of 9 or higher and a high grade of 10 or higher. The categories are derived from the sampling frame. The findings can be used to develop policies and programs for school health education. The results presented in this report are overall summary results (weighted) of both the principal and lead health education teacher surveys.

## School Principal Summary

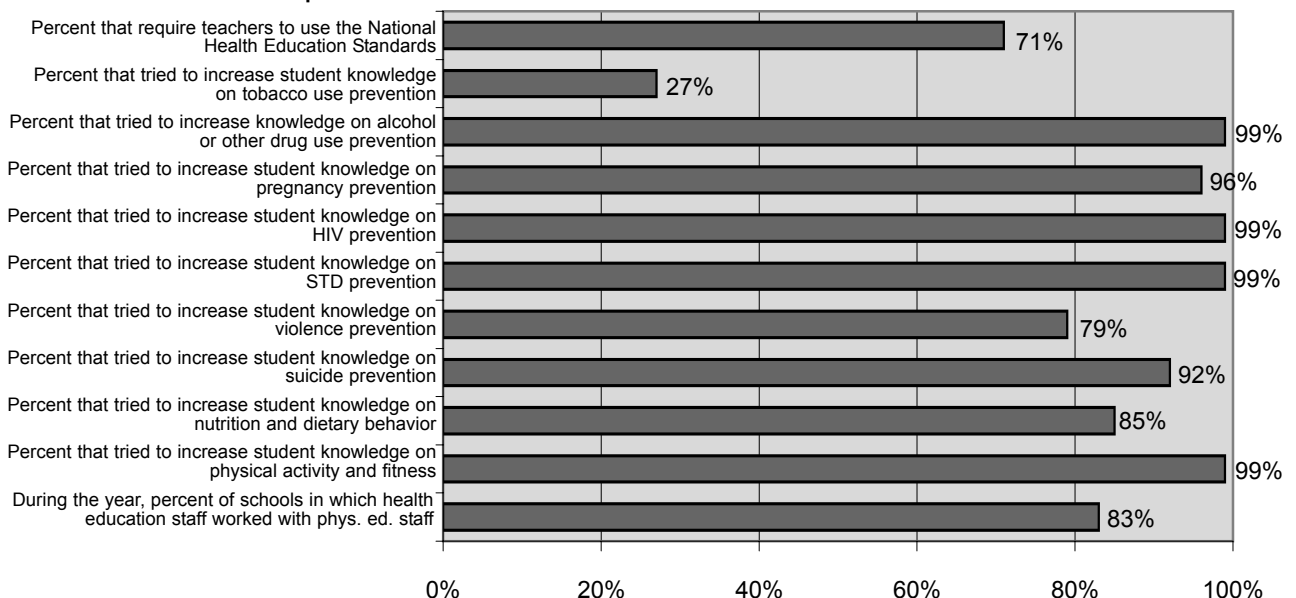
### 2002 School Health Education Profile Survey



## Lead Health Education Teacher Summary

### 2002 School Health Education Profile Survey

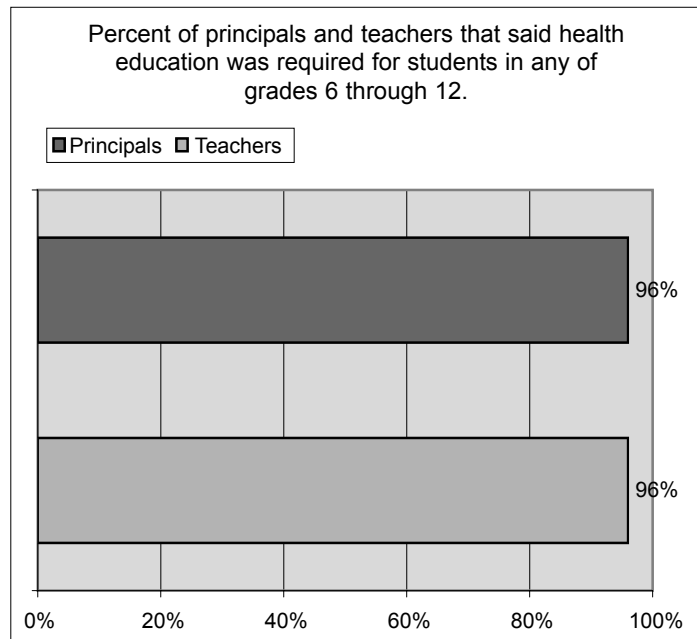
**Of the schools that have a required health education course:**



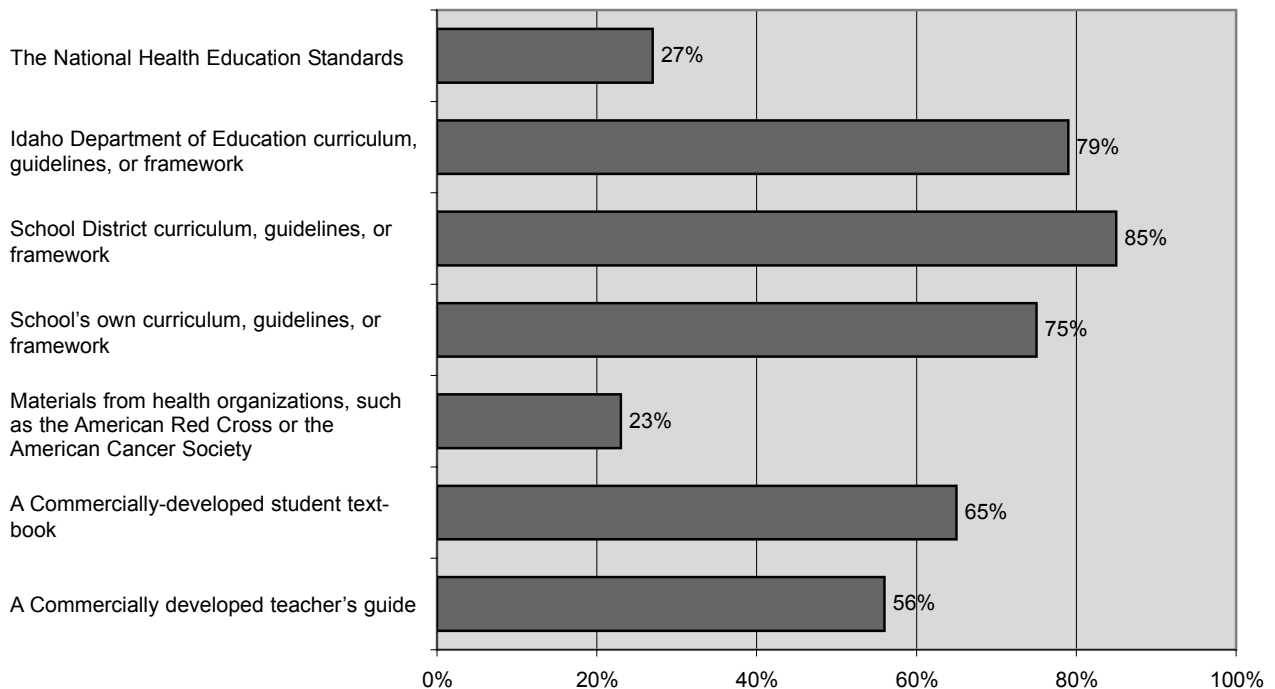
# School Health Education Requirements

In Idaho, 96% school principals and 96% of teachers indicated that a health education course was required in at least one of grades 6 through 12.

Teachers were asked about specific materials used to teach health education courses. The most prevalently required materials used by teachers are the individual school district's curriculum, guidelines or framework (85%) while the National Health Education Standards (27%) and materials from health organizations like American Red Cross or the American Cancer Society (23%) are the least required. The table below summarizes the types of materials teachers are required to use in teaching health education.

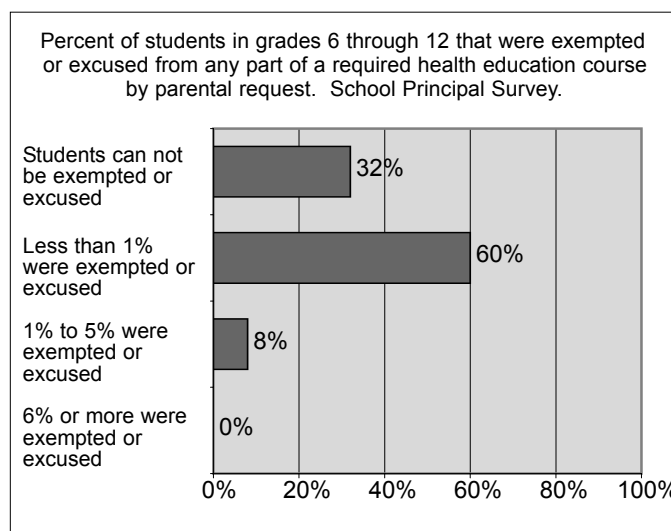


Percent of teachers required to use the following materials in a required health education course for students in grades 6 through 12



Principals were asked what percent of students in grades 6 through 12 were exempted or excused from any part of a required health education course by parental request. Thirty-two percent indicated that a student could not be exempted from any part of a required health education course, 60% indicated that less than one percent were exempted, and eight percent said one to five percent were exempted.

Schools were surveyed about whether they had a health committee or advisory group that developed policies, coordinated activities, or seeks student and family involvement in programs that address health issues. According to the principals surveyed, 42% of Idaho schools or school districts have a committee or advisory group.



Health education teachers in Idaho indicated that they had tried to increase the level of knowledge on a variety of health issues in required health courses. With nearly all of the issues, 75% or more of teachers indicated that they had tried to improve knowledge among students.

During the school year, have teachers in this school tried to increase student knowledge on each of the following topics in a required health education course in any of grades 6 through 12?

Accident or injury prevention . . . . .	94%
Alcohol or other drug use prevention . . . . .	99%
Consumer health . . . . .	84%
CPR (cardiopulmonary resuscitation) . . . . .	76%
Death and dying . . . . .	74%
Dental and oral health . . . . .	67%
Emotional and mental health . . . . .	97%
Environmental health . . . . .	73%
First aid . . . . .	83%
Growth and development . . . . .	86%
HIV (human immunodeficiency virus) prevention . . . . .	96%
Human sexuality . . . . .	87%
Immunization and vaccinations . . . . .	73%
Nutrition and dietary behavior . . . . .	99%
Personal hygiene . . . . .	84%
Physical activity and fitness . . . . .	99%
Pregnancy prevention . . . . .	79%
STD (sexually transmitted disease) prevention . . . . .	92%
Suicide prevention . . . . .	85%
Sun safety or skin cancer prevention . . . . .	78%
Tobacco use prevention . . . . .	99%
Violence prevention . . . . .	83%



Health education teachers also taught a number of skills to students in health education courses. The results are summarized in the table below. In all cases, over 80% of health education teachers indicated that these skills were taught in a required health education course.

During the school year, have teachers in this school tried to improve each of the following student skills in a required health education course in any of grades 6 through 12?

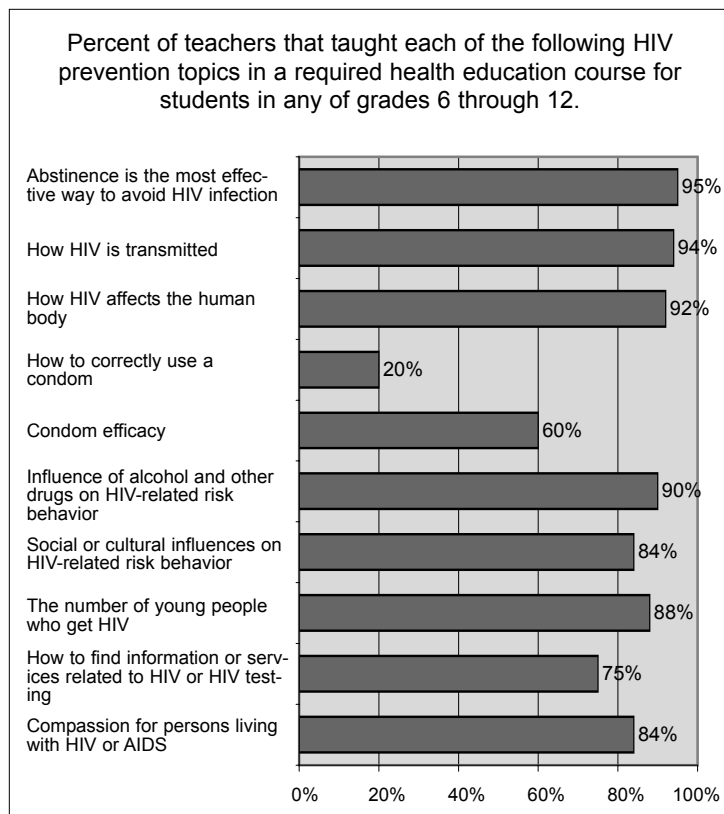
Accessing valid health information, products, and services . . . . .	87%
Advocating for personal, family, and community health . . . . .	80%
Analysis of media messages . . . . .	82%
Communication . . . . .	92%
Decision making . . . . .	98%
Goal setting . . . . .	94%
Conflict resolution . . . . .	86%
Resisting peer pressure for unhealthy behaviors . . . . .	97%
Stress management . . . . .	93%

## AIDS/HIV Education

Seventy percent of principals indicated that their school has a written policy that protects the rights of students and/or staff with HIV infection/AIDS. Ninety-six percent of health education teachers indicated that they had tried to increase student knowledge about HIV infection/AIDS as part of a required health education course.

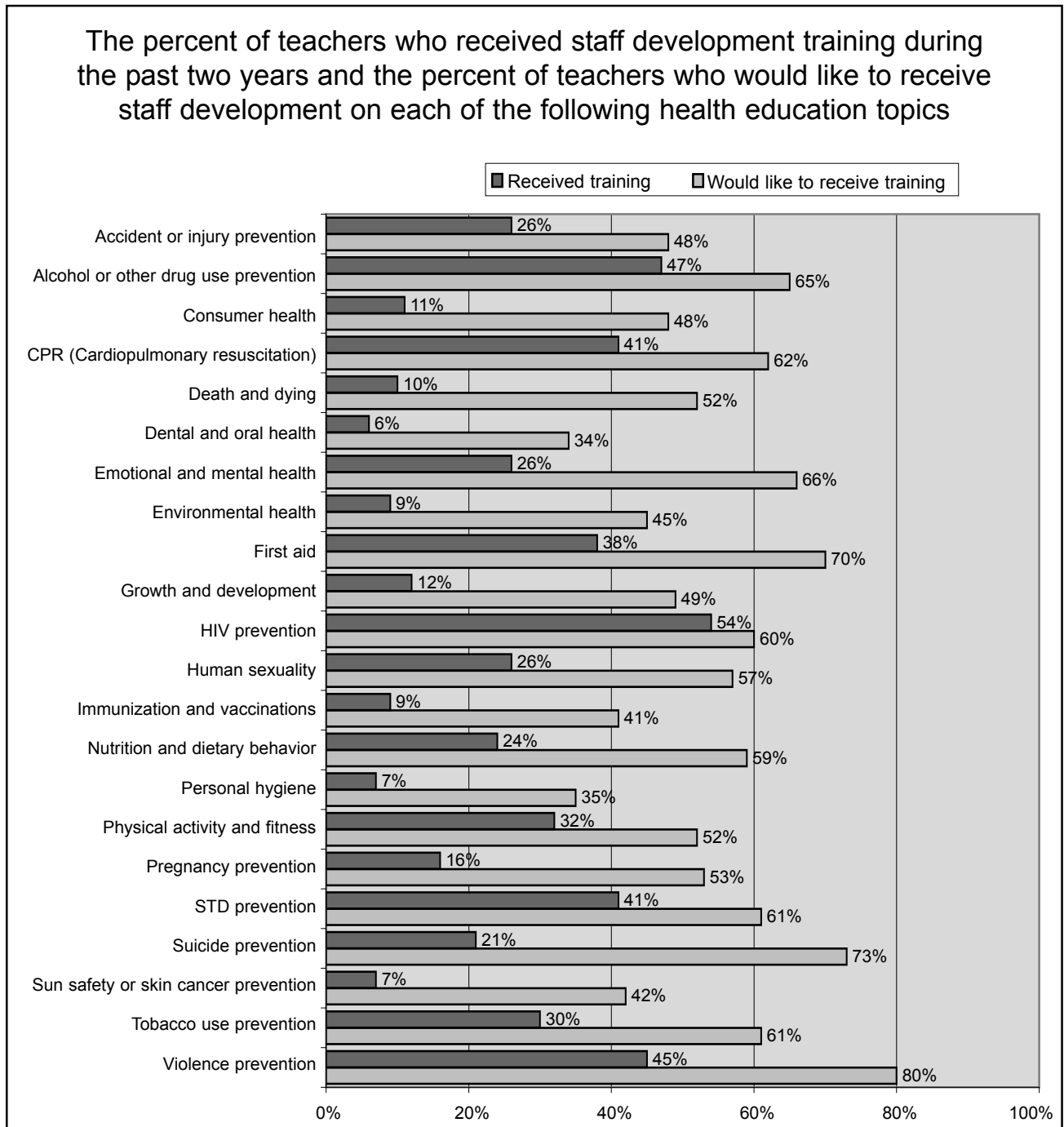
Health education teachers were also asked what HIV prevention topics they taught to students. The graph on the right summarizes the results of that survey question.

Of those HIV infection topics covered by the survey, most are taught by at least 75% of health education teachers. The topics that were not taught by at least 75% of health education teachers include, how to correctly use a condom (20%), and condom efficacy (60%).



# Health Education Staff Development

The graph below presents a summary of health education topics for which teachers have received staff development training and would like to receive additional training. In general, a greater proportion of teachers requested more training in a particular topic than those indicating that they had received training.



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## **Appendix A: Question by Question Results**

## 2003 YRBS Questionnaire Results

The following tables highlight question-by-question results of the Idaho YRBS. Results are weighted. Results are not included where the sample size is less than 100 respondents. Where U.S. rates are available they have been included. U.S. results are from the 2001 National Youth Risk Behavior Survey. The results of the national survey can be viewed on the internet at: <http://www.cdc.gov/nccdphp/dash/yrbs/>.

In some cases, results from a single question may be reported as several measures. For example, cigarette consumption during the previous month is used to calculate the percentage of current smokers AND frequent smokers. Multiple tables that display the results of a single question will be labeled alpha-numerically (i.e. Question 29a and Question 29b).

Note: Questions 1 through 7 asked students about demographic information and are not reported here.

### Unintentional and Intentional Injury

Question 8: Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet

Grade	Total	Female	Male
9th	78.7%	79.4%	78.5%
10th	84.2%	85.7%	82.8%
11th	83.1%	81.4%	84.4%
12th	81.4%	-	79.6%
Idaho Overall	81.6%	82.4%	81.2%
U.S. Overall	84.7%	82.6%	86.3%

Question 9: Percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else

Grade	Total	Female	Male
9th	10.8%	6.6%	14.9%
10th	9.9%	4.8%	14.1%
11th	13.9%	10.6%	16.9%
12th	9.4%	6.7%	12.0%
Idaho Overall	11.0%	7.2%	14.5%
U.S. Overall	14.1%	10.2%	18.1%

Question 10: Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol

Grade	Total	Female	Male
9th	23.6%	27.2%	20.3%
10th	28.5%	23.1%	33.1%
11th	24.0%	28.2%	20.0%
12th	19.9%	17.7%	22.0%
Idaho Overall	24.1%	24.2%	24.0%
U.S. Overall	30.7%	29.6%	31.8%

Question 11: Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol

Grade	Total	Female	Male
9th	3.5%	3.9%	3.1%
10th	9.8%	6.7%	12.7%
11th	13.2%	17.9%	8.7%
12th	12.8%	11.7%	13.9%
Idaho Overall	9.6%	9.7%	9.5%
U.S Overall	13.3%	9.5%	17.2%

Question 12: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	4.7%	3.0%	6.4%
10th	8.8%	2.8%	13.9%
11th	9.4%	4.6%	14.0%
12th	8.0%	5.3%	10.4%
Idaho Overall	7.7%	3.9%	11.1%
U.S Overall	6.4%	2.9%	10.2%

Question 13: Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school

Grade	Total	Female	Male
9th	5.7%	8.1%	3.5%
10th	5.1%	5.4%	4.3%
11th	2.6%	3.6%	1.7%
12th	2.6%	2.3%	2.9%
Idaho Overall	4.1%	5.0%	3.1%
U.S Overall	6.6%	7.4%	5.8%

Question 14: Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	10.6%	9.4%	11.8%
10th	10.3%	8.2%	12.6%
11th	10.6%	6.2%	14.6%
12th	5.6%	2.6%	8.5%
Idaho Overall	9.4%	6.5%	12.0%
U.S Overall	8.9%	6.5%	11.5%

Question 15: Percentage of students who have had property, such as their car, clothing, or books stolen or damaged on school property during the past 12 months

Grade	Total	Female	Male
9th	36.9%	30.1%	43.2%
10th	36.2%	31.5%	40.2%
11th	36.6%	35.6%	37.5%
12th	32.9%	28.3%	37.2%
Idaho Overall	35.7%	31.4%	39.7%
U.S Overall	N/A	N/A	N/A



Question 16: Percentage of students who were in a physical fight one or more times during the past 12 months

Grade	Total	Female	Male
9th	33.7%	26.3%	40.6%
10th	34.0%	22.2%	44.8%
11th	26.1%	20.7%	31.1%
12th	17.9%	15.3%	20.4%
Idaho Overall	28.3%	21.3%	34.7%
U.S Overall	33.2%	23.9%	43.1%

Question 17: Percentage of students who were injured in a physical fight one or more times during the past 12 months and had to be treated by a doctor or nurse

Grade	Total	Female	Male
9th	2.7%	2.5%	3.0%
10th	4.1%	3.3%	4.3%
11th	3.4%	1.5%	5.2%
12th	1.6%	3.1%	0.2%
Idaho Overall	3.0%	2.6%	3.2%
U.S Overall	4.0%	2.9%	5.2%

Question 18: Percentage of students who were in a physical fight on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	14.4%	8.3%	20.3%
10th	16.9%	10.8%	22.3%
11th	10.2%	5.8%	14.2%
12th	4.4%	2.7%	6.1%
Idaho Overall	11.7%	7.0%	16.0%
U.S Overall	12.9%	7.2%	18.0%

Question 19: Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

Grade	Total	Female	Male
9th	8.6%	10.0%	7.3%
10th	11.1%	11.3%	10.4%
11th	12.8%	14.8%	10.9%
12th	12.8%	12.3%	13.2%
Idaho Overall	11.2%	12.1%	10.4%
U.S Overall	9.5%	9.8%	9.1%

Question 20: Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to

Grade	Total	Female	Male
9th	8.7%	11.5%	6.0%
10th	9.6%	14.3%	4.9%
11th	9.1%	16.0%	2.7%
12th	11.1%	14.1%	8.3%
Idaho Overall	9.6%	13.9%	5.5%
U.S Overall	7.7%	10.3%	5.1%

Question 21: Percentage of students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

Grade	Total	Female	Male
9th	30.1%	38.0%	22.7%
10th	24.9%	34.5%	15.8%
11th	32.4%	36.5%	28.5%
12th	27.7%	34.6%	21.2%
Idaho Overall	28.7%	35.9%	21.9%
U.S Overall	28.3%	34.5%	21.6%

Question 22: Percentage of students who seriously considered attempting suicide during the past 12 months

Grade	Total	Female	Male
9th	17.6%	22.6%	12.9%
10th	17.1%	22.5%	11.6%
11th	21.0%	25.6%	16.7%
12th	15.4%	18.8%	12.2%
Idaho Overall	17.8%	22.4%	13.4%
U.S Overall	19.0%	23.6%	14.2%

Question 23: Percentage of students who made a plan about how they would attempt suicide during the past 12 months

Grade	Total	Female	Male
9th	18.2%	21.2%	15.5%
10th	13.3%	17.2%	9.3%
11th	16.1%	17.5%	14.9%
12th	11.3%	13.4%	9.4%
Idaho Overall	14.9%	17.4%	12.4%
U.S Overall	14.8%	17.7%	11.8%

Question 24: Percentage of students who actually attempted suicide one or more times during the past 12 months

Grade	Total	Female	Male
9th	13.0%	16.2%	9.8%
10th	8.1%	10.5%	5.3%
11th	7.2%	10.0%	4.5%
12th	5.4%	7.8%	2.9%
Idaho Overall	8.6%	11.3%	5.8%
U.S Overall	8.8%	11.2%	6.2%

Question 25: Percentage of students who attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Grade	Total	Female	Male
9th	4.4%	6.1%	2.7%
10th	2.9%	2.8%	2.3%
11th	1.5%	2.0%	1.1%
12th	1.7%	1.8%	1.5%
Idaho Overall	2.7%	3.3%	1.9%
U.S Overall	2.6%	3.1%	2.1%

## Tobacco Use

Question 26: Percentage of students who ever tried cigarette smoking, even one or two puffs

Grade	Total	Female	Male
9th	38.2%	38.2%	38.4%
10th	45.1%	39.2%	50.2%
11th	45.4%	46.3%	44.5%
12th	45.3%	45.2%	45.4%
Idaho Overall	43.4%	42.0%	44.7%
U.S. Overall	63.9%	61.6%	66.3%

Question 27: Percentage of students who smoked a whole cigarette for the first time before age 13

Grade	Total	Female	Male
9th	16.3%	15.3%	17.4%
10th	16.6%	11.8%	20.5%
11th	14.6%	16.1%	13.0%
12th	16.4%	17.0%	15.8%
Idaho Overall	16.0%	15.0%	16.8%
U.S. Overall	22.1%	19.8%	24.5%

Question 28: Percentage of students who have ever smoked 100 cigarettes or more during their lifetimes

Grade	Total	Female	Male
9th	5.9%	5.4%	6.3%
10th	9.8%	6.8%	12.5%
11th	11.9%	18.4%	5.8%
12th	12.8%	13.2%	12.4%
Idaho Overall	9.9%	10.7%	9.2%
U.S. Overall	N/A	N/A	N/A

Question 29a: Percentage of students who smoked cigarettes on one or more of the past 30 days

Grade	Total	Female	Male
9th	11.1%	12.1%	10.1%
10th	15.2%	9.5%	19.8%
11th	14.4%	20.2%	9.1%
12th	15.5%	13.2%	17.8%
Idaho Overall	14.0%	13.6%	14.2%
U.S. Overall	28.5%	27.7%	29.2%

Question 29b: Percentage of students who smoked cigarettes on 20 or more of the past 30 days

Grade	Total	Female	Male
9th	2.8%	2.1%	3.4%
10th	6.7%	2.0%	10.3%
11th	7.6%	13.1%	2.3%
12th	7.6%	6.6%	8.6%
Idaho Overall	6.1%	5.8%	6.2%
U.S. Overall	13.8%	12.9%	14.9%

Question 30a: Percentage of students who smoked two or more cigarettes per day on the days that they smoked during the past 30 days

Grade	Total	Female	Male
9th	5.5%	5.0%	6.1%
10th	9.3%	4.9%	12.8%
11th	9.8%	15.9%	4.1%
12th	8.5%	7.7%	9.3%
Idaho Overall	8.3%	8.2%	8.2%
U.S. Overall	N/A	N/A	N/A

Question 30b: Percentage of students who smoked more than 10 cigarettes per day on the days that they smoked during the past 30 days

Grade	Total	Female	Male
9th	0.3%	0.0%	0.5%
10th	1.6%	1.1%	2.0%
11th	0.5%	1.0%	0.0%
12th	0.6%	1.1%	0.2%
Idaho Overall	0.7%	0.8%	0.7%
U.S. Overall	4.1%	3.1%	5.2%

Question 31: Percentage of students who usually got their own cigarettes by buying them in a store or gas station during the past 30 days

Grade	Total	Female	Male
9th	0.2%	0.4%	0.0%
10th	0.5%	0.0%	0.3%
11th	2.2%	3.6%	0.9%
12th	8.2%	5.9%	10.3%
Idaho Overall	2.6%	2.4%	2.7%
U.S. Overall	8.6%	6.5%	11.0%

Question 32: Percentage of students who were not asked to show proof of age when they bought cigarettes in a store during the past 30 days

Grade	Total	Female	Male
9th	1.6%	0.9%	2.3%
10th	2.6%	1.2%	3.3%
11th	3.0%	3.7%	2.3%
12th	3.5%	1.2%	5.7%
Idaho Overall	2.7%	1.7%	3.4%
U.S. Overall	7.9%	6.7%	9.2%

Question 33: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	3.0%	2.7%	3.4%
10th	3.6%	1.9%	4.6%
11th	4.0%	4.4%	3.7%
12th	2.1%	1.2%	2.9%
Idaho Overall	3.2%	2.5%	3.7%
U.S. Overall	9.9%	8.5%	11.3%

Question 34: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days

Grade	Total	Female	Male
9th	6.2%	6.5%	5.9%
10th	12.5%	8.4%	15.7%
11th	14.5%	21.3%	8.0%
12th	15.5%	16.0%	15.1%
Idaho Overall	12.0%	12.8%	11.1%
U.S. Overall	20.0%	19.2%	20.9%

Question 35: Percentage of students that ever tried to quit smoking. (Data are not available due to the low number of current smokers among Idaho's middle school students.)

Question 36: Percentage of students who think that they will definitely or probably smoke a cigarette at anytime during the next year

Grade	Total	Female	Male
9th	16.1%	17.6%	14.8%
10th	21.0%	17.0%	24.2%
11th	19.1%	23.5%	15.0%
12th	19.0%	18.8%	19.3%
Idaho Overall	18.8%	19.1%	18.4%
U.S. Overall	N/A	N/A	N/A

Question 37: Percentage of students who think that they will definitely or probably will be smoking cigarettes 5 years from now

Grade	Total	Female	Male
9th	9.1%	7.1%	11.1%
10th	10.1%	8.1%	11.4%
11th	9.0%	11.7%	6.6%
12th	8.0%	5.9%	10.0%
Idaho Overall	9.1%	8.2%	9.9%
U.S. Overall	N/A	N/A	N/A

Question 38: Percentage of students whose parents or guardians have never or rarely discussed the dangers of tobacco use with them in the past 12 months

Grade	Total	Female	Male
9th	59.0%	55.4%	62.7%
10th	65.9%	65.8%	65.8%
11th	69.2%	67.7%	70.7%
12th	73.5%	73.6%	73.3%
Idaho Overall	66.6%	65.3%	67.9%
U.S. Overall	N/A	N/A	N/A

Question 39: Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days

Grade	Total	Female	Male
9th	3.6%	2.3%	4.9%
10th	7.1%	0.9%	12.1%
11th	4.9%	3.6%	6.0%
12th	7.3%	1.2%	13.0%
Idaho Overall	5.7%	2.0%	9.0%
U.S. Overall	8.2%	1.9%	14.8%

Question 40: Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	1.2%	0.7%	1.7%
10th	3.7%	0.1%	6.4%
11th	1.5%	0.5%	2.5%
12th	6.1%	1.2%	10.7%
Idaho Overall	3.0%	0.6%	5.2%
U.S. Overall	5.0%	0.7%	9.4%

Question 41: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days

Grade	Total	Female	Male
9th	5.7%	2.5%	8.8%
10th	10.5%	4.3%	15.7%
11th	7.4%	4.3%	10.4%
12th	11.4%	5.3%	17.0%
Idaho Overall	8.7%	4.0%	12.9%
U.S. Overall	15.2%	8.5%	22.1%

Questions 29, 39, 41: Percentage of students who used any tobacco during the past 30 days

Grade	Total	Female	Male
9th	13.4%	13.8%	13.1%
10th	19.8%	11.9%	26.5%
11th	18.6%	21.1%	16.3%
12th	19.6%	13.5%	25.4%
Idaho Overall	17.8%	15.0%	20.3%
U.S. Overall	33.9%	29.5%	38.5%

Question 42: Percentage of students who, on one or more of the past seven days, were in the same room with someone who was smoking cigarettes

Grade	Total	Female	Male
9th	45.9%	50.2%	41.6%
10th	49.9%	47.5%	51.9%
11th	51.8%	56.4%	47.4%
12th	47.9%	47.9%	48.0%
Idaho Overall	48.8%	50.4%	47.2%
U.S. Overall	N/A	N/A	N/A

Question 43: Percentage of students who, on one or more of the past seven days, rode in a car with someone who was smoking cigarettes

Grade	Total	Female	Male
9th	29.1%	34.9%	23.8%
10th	36.4%	35.7%	36.8%
11th	34.7%	39.3%	30.3%
12th	32.2%	31.8%	32.5%
Idaho Overall	33.0%	35.4%	30.7%
U.S. Overall	N/A	N/A	N/A

Question 44: Percentage of students who think that the smoke from other people's cigarettes is definitely or probably harmful to them

Grade	Total	Female	Male
9th	96.2%	98.1%	94.3%
10th	95.1%	98.0%	93.0%
11th	97.4%	98.2%	96.7%
12th	97.1%	96.9%	97.3%
Idaho Overall	96.4%	97.8%	95.2%
U.S. Overall	N/A	N/A	N/A

Question 45: Percentage of students who lives in a home where someone other than themselves currently smokes cigarettes

Grade	Total	Female	Male
9th	30.5%	35.2%	26.2%
10th	26.4%	25.8%	26.5%
11th	28.4%	33.2%	23.8%
12th	22.8%	27.6%	18.3%
Idaho Overall	27.1%	30.6%	23.9%
U.S. Overall	N/A	N/A	N/A

#### Alcohol and Other Drug Use

Question 46: Percentage of students who had at least one drink of alcohol on one or more days during their life

Grade	Total	Female	Male
9th	60.9%	65.9%	55.6%
10th	63.3%	55.0%	70.6%
11th	62.1%	63.6%	60.6%
12th	60.2%	61.1%	59.4%
Idaho Overall	61.7%	61.4%	61.8%
U.S. Overall	78.2%	77.9%	78.6%

Question 47: Percentage of students who had their first drink of alcohol other than a few sips before age 13

Grade	Total	Female	Male
9th	34.5%	33.5%	35.6%
10th	22.1%	13.1%	29.7%
11th	18.6%	18.9%	18.2%
12th	13.3%	12.0%	14.4%
Idaho Overall	22.5%	19.8%	24.8%
U.S. Overall	29.1%	24.2%	34.2%

Question 48: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days

Grade	Total	Female	Male
9th	32.3%	37.3%	27.6%
10th	37.3%	30.5%	43.1%
11th	37.4%	38.6%	36.3%
12th	32.1%	29.4%	34.6%
Idaho Overall	34.8%	34.0%	35.4%
U.S. Overall	47.1%	45.0%	49.2%

Question 49: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days

Grade	Total	Female	Male
9th	20.3%	22.7%	18.1%
10th	26.5%	20.2%	31.9%
11th	24.1%	25.4%	22.8%
12th	22.8%	18.3%	27.1%
Idaho Overall	23.4%	21.7%	25.0%
U.S. Overall	29.9%	26.4%	33.5%

Question 50: Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	3.2%	3.2%	3.3%
10th	4.8%	3.4%	5.5%
11th	2.8%	2.0%	3.5%
12th	4.5%	3.5%	5.4%
Idaho Overall	3.8%	3.0%	4.5%
U.S. Overall	4.9%	3.8%	6.1%

Question 51: Percentage of students who used marijuana one or more times during their life

Grade	Total	Female	Male
9th	23.4%	22.8%	24.0%
10th	35.2%	27.6%	41.8%
11th	33.9%	34.7%	33.1%
12th	30.2%	28.2%	32.0%
Idaho Overall	30.6%	28.1%	32.8%
U.S. Overall	42.4%	38.4%	46.5%

Question 52: Percentage of students who tried marijuana for the first time before age 13

Grade	Total	Female	Male
9th	10.1%	8.6%	11.7%
10th	6.6%	2.9%	10.0%
11th	6.9%	7.5%	6.3%
12th	2.1%	1.9%	2.2%
Idaho Overall	6.6%	5.4%	7.8%
U.S. Overall	10.2%	7.5%	13.2%

Question 53: Percentage of students who used marijuana one or more times during the past 30 days

Grade	Total	Female	Male
9th	13.0%	11.3%	14.7%
10th	18.1%	14.0%	21.4%
11th	15.8%	14.0%	17.5%
12th	11.8%	7.9%	15.3%
Idaho Overall	14.7%	11.9%	17.3%
U.S. Overall	23.9%	20.0%	27.9%



Question 54: Percentage of students who used marijuana on school property one or more times during the past 30 days

Grade	Total	Female	Male
9th	2.0%	1.6%	2.3%
10th	4.3%	0.5%	7.2%
11th	2.8%	2.4%	3.1%
12th	1.6%	1.3%	1.9%
Idaho Overall	2.7%	1.5%	3.7%
U.S. Overall	5.4%	2.9%	8.0%

Question 55: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

Grade	Total	Female	Male
9th	5.2%	5.4%	5.0%
10th	5.8%	4.0%	7.0%
11th	7.2%	9.6%	5.0%
12th	6.5%	2.9%	10.0%
Idaho Overall	6.2%	5.4%	6.7%
U.S. Overall	9.4%	8.4%	10.3%

Question 56: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days

Grade	Total	Female	Male
9th	2.0%	2.0%	2.0%
10th	2.0%	0.8%	2.6%
11th	1.7%	1.7%	1.7%
12th	2.3%	0.7%	3.9%
Idaho Overall	2.0%	1.3%	2.6%
U.S. Overall	4.2%	3.7%	4.7%

Question 57: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life

Grade	Total	Female	Male
9th	17.6%	17.7%	17.6%
10th	14.6%	15.8%	13.1%
11th	12.3%	16.3%	8.6%
12th	11.9%	13.2%	10.7%
Idaho Overall	14.3%	15.8%	12.7%
U.S. Overall	14.7%	14.9%	14.5%

Question 58: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during the past 30 days

Grade	Total	Female	Male
9th	6.0%	4.0%	8.1%
10th	4.7%	5.2%	3.7%
11th	3.0%	4.2%	1.9%
12th	0.8%	0.0%	1.6%
Idaho Overall	3.8%	3.4%	4.0%
U.S. Overall	4.7%	4.2%	5.1%

Question 59: Percentage of students who used heroin one or more times during their life

Grade	Total	Female	Male
9th	2.3%	1.5%	3.1%
10th	1.9%	1.3%	1.8%
11th	1.2%	1.9%	0.5%
12th	1.4%	0.3%	2.4%
Idaho Overall	1.7%	1.3%	2.0%
U.S. Overall	3.1%	2.5%	3.8%

Question 60: Percentage of students who used methamphetamines one or more times during their life

Grade	Total	Female	Male
9th	5.0%	6.0%	4.1%
10th	4.7%	2.9%	5.9%
11th	5.8%	6.8%	4.8%
12th	6.8%	4.2%	9.2%
Idaho Overall	5.6%	5.0%	6.0%
U.S. Overall	9.8%	9.2%	10.5%

Question 61: Percentage of students who used ecstasy one or more times during their life

Grade	Total	Female	Male
9th	4.4%	4.0%	4.8%
10th	4.1%	3.0%	4.5%
11th	5.5%	6.3%	4.7%
12th	5.6%	2.9%	8.2%
Idaho Overall	4.9%	4.1%	5.5%
U.S. Overall	N/A	N/A	N/A

Question 62: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life

Grade	Total	Female	Male
9th	3.8%	3.4%	4.3%
10th	5.8%	5.0%	5.9%
11th	1.8%	3.8%	0.0%
12th	2.9%	0.0%	5.6%
Idaho Overall	3.6%	3.1%	4.0%
U.S. Overall	5.0%	3.9%	6.0%

Question 63: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

Grade	Total	Female	Male
9th	2.0%	1.1%	2.9%
10th	2.1%	2.1%	1.5%
11th	0.9%	1.4%	0.4%
12th	1.1%	0.4%	1.5%
Idaho Overall	1.6%	1.3%	1.7%
U.S. Overall	2.3%	1.6%	3.1%

Question 64: Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months

Grade	Total	Female	Male
9th	18.1%	19.2%	17.1%
10th	24.7%	18.8%	29.7%
11th	18.5%	17.9%	19.1%
12th	16.5%	14.1%	18.1%
<b>Idaho Overall</b>	<b>19.6%</b>	<b>17.6%</b>	<b>21.3%</b>
U.S. Overall	28.5%	22.7%	34.6%

## Sexual Behavior

Question 65: Percentage of students who have ever had sexual intercourse

Grade	Total	Female	Male
9th	27.0%	24.7%	29.4%
10th	35.4%	28.6%	41.3%
11th	39.4%	42.7%	36.2%
12th	45.1%	48.8%	41.7%
<b>Idaho Overall</b>	<b>36.4%</b>	<b>35.7%</b>	<b>37.0%</b>
U.S. Overall	45.6%	42.9%	48.5%

Question 66: Percentage of students who had sexual intercourse for the first time before age 13

Grade	Total	Female	Male
9th	7.9%	5.1%	10.6%
10th	4.8%	1.9%	7.0%
11th	1.9%	2.0%	1.8%
12th	2.8%	3.0%	2.5%
<b>Idaho Overall</b>	<b>4.5%</b>	<b>3.1%</b>	<b>5.6%</b>
U.S. Overall	6.6%	4.0%	9.3%

## Dietary Behaviors

Questions 6 and 7: Percentage of students who are at risk for becoming overweight

Grade	Total	Female	Male
9th	10.8%	9.1%	12.5%
10th	10.8%	10.5%	11.1%
11th	13.5%	14.6%	12.5%
12th	10.0%	10.7%	9.3%
<b>Idaho Overall</b>	<b>11.3%</b>	<b>11.1%</b>	<b>11.4%</b>
U.S. Overall	13.6%	11.7%	15.5%

Questions 6 and 7: Percentage of students who are overweight

Grade	Total	Female	Male
9th	6.5%	5.4%	7.5%
10th	8.8%	6.6%	10.8%
11th	5.7%	5.3%	6.1%
12th	8.6%	7.1%	9.9%
<b>Idaho Overall</b>	<b>7.4%</b>	<b>6.1%</b>	<b>8.6%</b>
U.S. Overall	10.5%	6.9%	14.2%

Question 67: Percentage of students who described themselves as slightly or very overweight

Grade	Total	Female	Male
9th	28.4%	34.3%	22.8%
10th	31.8%	44.3%	20.1%
11th	30.2%	40.3%	20.8%
12th	30.2%	38.5%	22.3%
Idaho Overall	30.1%	39.2%	21.6%
U.S. Overall	29.2%	34.9%	23.3%

Question 68: Percentage of students who were trying to lose weight

Grade	Total	Female	Male
9th	42.7%	60.4%	26.0%
10th	43.6%	69.1%	20.1%
11th	45.5%	65.4%	27.0%
12th	39.4%	61.1%	19.1%
Idaho Overall	42.9%	64.0%	23.1%
U.S. Overall	46.0%	62.3%	28.8%

Question 69: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	61.7%	73.9%	50.1%
10th	62.3%	78.9%	47.6%
11th	61.2%	77.3%	46.2%
12th	51.1%	67.1%	36.0%
Idaho Overall	59.3%	74.4%	45.2%
U.S. Overall	59.9%	68.4%	51.0%

Question 70: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	41.7%	62.6%	22.0%
10th	38.3%	58.9%	19.8%
11th	41.5%	62.2%	22.3%
12th	39.8%	55.0%	25.4%
Idaho Overall	40.4%	59.8%	22.2%
U.S. Overall	43.8%	58.6%	28.2%

Question 71: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	11.5%	20.6%	2.8%
10th	11.5%	16.6%	6.3%
11th	10.3%	15.7%	5.1%
12th	9.0%	13.8%	4.6%
Idaho Overall	10.7%	16.8%	4.8%
U.S. Overall	13.5%	19.1%	7.6%

Question 72: Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	6.8%	10.7%	3.0%
10th	7.2%	9.3%	4.8%
11th	5.7%	9.5%	2.2%
12th	8.1%	10.7%	5.5%
Idaho Overall	7.0%	10.1%	3.9%
U.S. Overall	9.2%	12.6%	5.5%

Question 73: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	4.8%	8.2%	1.4%
10th	6.4%	10.0%	2.6%
11th	4.1%	7.1%	1.3%
12th	2.9%	4.1%	1.8%
Idaho Overall	4.6%	7.5%	1.8%
U.S. Overall	5.4%	7.8%	2.9%

Question 74: Percentage of students who drank 100% fruit juices one or more times during the past seven days

Grade	Total	Female	Male
9th	82.0%	83.3%	80.7%
10th	80.3%	77.7%	82.6%
11th	85.7%	84.5%	86.9%
12th	83.3%	81.4%	85.0%
Idaho Overall	82.7%	81.8%	83.6%
U.S. Overall	83.0%	82.5%	83.6%

Question 75: Percentage of students who ate fruit one or more times during the past seven days

Grade	Total	Female	Male
9th	90.5%	90.7%	90.3%
10th	88.7%	88.4%	89.5%
11th	92.5%	94.5%	90.6%
12th	90.8%	91.2%	90.4%
Idaho Overall	90.5%	91.1%	90.1%
U.S. Overall	84.4%	85.3%	83.4%

Question 76: Percentage of students who ate green salad one or more times during the past seven days

Grade	Total	Female	Male
9th	70.8%	76.6%	65.1%
10th	75.3%	76.5%	74.7%
11th	72.4%	73.3%	71.6%
12th	74.3%	75.9%	72.8%
Idaho Overall	73.2%	75.6%	70.9%
U.S. Overall	67.1%	71.5%	62.5%

Question 77: Percentage of students who ate potatoes one or more times during the past seven days

Grade	Total	Female	Male
9th	72.7%	73.2%	72.2%
10th	74.4%	72.2%	76.3%
11th	79.9%	77.8%	81.9%
12th	71.0%	68.1%	73.7%
Idaho Overall	74.5%	72.8%	75.9%
U.S. Overall	72.6%	71.4%	73.8%

Question 78: Percentage of students who ate carrots one or more times during the past seven days

Grade	Total	Female	Male
9th	58.9%	58.8%	59.3%
10th	56.0%	58.7%	53.8%
11th	61.8%	60.5%	62.9%
12th	60.3%	62.2%	58.5%
Idaho Overall	59.2%	60.0%	58.5%
U.S. Overall	47.2%	47.4%	47.0%

Question 79: Percentage of students who ate other vegetables one or more times during the past seven days

Grade	Total	Female	Male
9th	85.9%	87.7%	84.2%
10th	88.0%	89.3%	86.7%
11th	90.5%	89.1%	91.8%
12th	86.2%	84.2%	88.1%
Idaho Overall	87.6%	87.6%	87.6%
U.S. Overall	85.2%	86.1%	84.4%

Questions 74 through 79: Percentage of students who ate five or more servings of fruits and vegetables per day during the past seven days

Grade	Total	Female	Male
9th	20.0%	17.8%	22.2%
10th	19.9%	17.1%	22.5%
11th	18.4%	15.5%	21.2%
12th	17.8%	17.8%	17.7%
Idaho Overall	19.0%	17.0%	21.0%
U.S. Overall	21.4%	19.7%	23.3%

Question 80: Percentage of students who drank three or more glasses of milk per day during the past seven days

Grade	Total	Female	Male
9th	23.8%	15.4%	32.0%
10th	21.3%	17.1%	25.2%
11th	27.5%	15.0%	39.2%
12th	21.4%	14.7%	27.6%
Idaho Overall	23.5%	15.5%	30.9%
U.S. Overall	16.4%	10.9%	22.3%

Question 81: Percentage of students who drank soda pop one or more times per day during the past seven days

Grade	Total	Female	Male
9th	30.2%	24.0%	36.4%
10th	30.7%	21.7%	38.5%
11th	29.9%	22.4%	36.9%
12th	27.9%	21.1%	34.2%
Idaho Overall	29.7%	22.3%	36.6%
U.S. Overall	N/A	N/A	N/A

Question 82: Percentage of students who purchased their lunch one or more times during the past seven days

Grade	Total	Female	Male
9th	24.9%	28.6%	21.4%
10th	22.1%	23.7%	20.8%
11th	17.2%	19.1%	15.5%
12th	19.6%	21.9%	17.4%
Idaho Overall	21.1%	23.6%	18.9%
U.S. Overall	N/A	N/A	N/A

#### Physical Activity

Question 83: Percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breath hard on three or more of the past seven days

Grade	Total	Female	Male
9th	71.4%	69.8%	72.8%
10th	66.5%	58.3%	74.1%
11th	64.4%	57.6%	70.7%
12th	62.4%	53.8%	70.4%
Idaho Overall	66.4%	60.3%	72.1%
U.S. Overall	64.6%	57.0%	72.6%

Question 84: Percentage of students who participated in physical activities that did not make them sweat or breath hard for at least 30 minutes on five or more of the past seven days

Grade	Total	Female	Male
9th	27.9%	25.2%	30.5%
10th	28.5%	30.0%	29.3%
11th	33.3%	30.8%	35.6%
12th	27.9%	25.9%	29.8%
Idaho Overall	29.5%	27.9%	31.2%
U.S. Overall	25.5%	22.8%	28.4%

Questions 83 and 84: Percentage of students who did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 30 minutes of moderate physical activity on five or more of the past seven days

Grade	Total	Female	Male
9th	25.5%	26.8%	24.5%
10th	27.9%	33.6%	22.4%
11th	30.8%	38.7%	23.5%
12th	33.1%	40.8%	25.8%
Idaho Overall	29.2%	34.6%	24.0%
U.S. Overall	31.2%	37.9%	24.2%

Questions 83 and 84: Percentage of students who participated in no vigorous or moderate physical activity during the past seven days

Grade	Total	Female	Male
9th	8.2%	8.4%	8.1%
10th	9.0%	11.3%	6.9%
11th	7.5%	9.0%	6.1%
12th	9.2%	12.7%	5.9%
Idaho Overall	8.5%	10.3%	6.8%
U.S. Overall	9.5%	11.6%	7.2%

Question 85: Percentage of students who did exercises to strengthen or tone their muscles on three or more of the past seven days

Grade	Total	Female	Male
9th	58.0%	51.3%	64.5%
10th	55.6%	47.4%	63.2%
11th	53.9%	46.1%	61.1%
12th	48.3%	35.6%	60.4%
Idaho Overall	54.1%	45.4%	62.3%
U.S. Overall	53.4%	44.5%	62.8%

Question 86: Percentage of students who watched three or more hours of TV per day on an average school day

Grade	Total	Female	Male
9th	29.2%	23.7%	34.2%
10th	22.6%	20.3%	24.2%
11th	21.3%	17.6%	24.8%
12th	20.7%	18.9%	22.4%
Idaho Overall	23.7%	20.3%	26.6%
U.S. Overall	38.3%	35.0%	41.8%

Question 87a: Percentage of students who attended physical education (PE) class one or more days during an average school week

Grade	Total	Female	Male
9th	44.8%	39.0%	50.4%
10th	54.2%	42.2%	65.5%
11th	47.2%	39.8%	54.2%
12th	38.5%	25.7%	50.0%
Idaho Overall	46.4%	36.9%	55.2%
U.S. Overall	51.7%	48.0%	55.6%

Question 87b: Percentage of students who attended physical education (PE) class daily

Grade	Total	Female	Male
9th	25.1%	19.9%	30.1%
10th	33.5%	26.4%	40.1%
11th	31.0%	27.0%	34.7%
12th	28.5%	18.8%	37.1%
Idaho Overall	29.5%	23.0%	35.4%
U.S. Overall	32.2%	28.4%	36.3%



Question 88: Of students enrolled in physical education (PE) class, the percentage who exercised or played sports more than 20 minutes during an average physical education class

Grade	Total	Female	Male
9th	88.4%	-	90.5%
10th	89.3%	-	89.1%
11th	95.7%	-	97.7%
12th	92.0%	-	-
Idaho Overall	91.1%	-	92.3%
U.S. Overall	83.4%	78.8%	87.7%

Question 89: Percentage of students who played on one or more sports teams during the past 12 months

Grade	Total	Female	Male
9th	64.8%	66.3%	63.3%
10th	57.9%	55.4%	60.6%
11th	57.0%	53.5%	60.2%
12th	53.3%	49.3%	57.1%
Idaho Overall	58.5%	56.5%	60.4%
U.S. Overall	55.2%	49.9%	60.9%

#### AIDS/HIV Education

Question 90: Percentage of students who had ever been taught about AIDS or HIV infection in school

Grade	Total	Female	Male
9th	76.6%	72.6%	80.3%
10th	81.9%	81.5%	82.7%
11th	88.9%	88.0%	89.7%
12th	89.2%	87.6%	90.7%
Idaho Overall	83.8%	82.0%	85.5%
U.S. Overall	89.0%	89.0%	89.1%

## **Appendix B: 2003 Idaho YRBS Questionnaire**

**2003**

## **IDAHO YOUTH RISK BEHAVIOR SURVEY**

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the circles completely. When you are finished, follow the instructions of the person giving you the survey.

***Thank you very much for your help.***

Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- To change your answer, erase completely.

1. How old are you?

- A. 12 years old or younger
- B. 13 years old
- C. 14 years old
- D. 15 years old
- E. 16 years old
- F. 17 years old
- G. 18 years old or older

2. What is your sex?

- A. Female
- B. Male

3. In what grade are you?

- A. 9th grade
- B. 10th grade
- C. 11th grade
- D. 12th grade
- E. Ungraded or other grade

4. How do you describe yourself?

**(Select one or more responses.)**

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Hispanic or Latino
- E. Native Hawaiian or Other Pacific Islander
- F. White

5. During the past 12 months, how would you describe your grades in school?

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not sure

6. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes on your answer sheet. Fill in the matching circle below each number.

Example

Height	
Feet	Inches
5	11
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	⑦
	⑧
	⑨
	⑩
	●

7. How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes on your answer sheet. Fill in the matching circle below each number.

Example

Weight Pounds		
1	5	2
●	①	①
②	①	①
	②	●
	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

The next 4 questions ask about personal safety.

8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?
- A. I did not ride a bicycle during the past 12 months
  - B. Never wore a helmet
  - C. Rarely wore a helmet
  - D. Sometimes wore a helmet
  - E. Most of the time wore a helmet
  - F. Always wore a helmet
9. How often do you wear a seat belt when riding in a car driven by someone else?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always

10. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

11. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

The next 9 questions ask about violence-related behaviors.

12. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club **on school property**?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

13. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

14. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

15. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

16. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

17. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

18. During the past 12 months, how many times were you in a physical fight **on school property?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

19. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. Yes
- B. No

20. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

**The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.**

21. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?

- A. Yes
- B. No

22. During the past 12 months, did you ever **seriously** consider attempting suicide?

- A. Yes
- B. No

23. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

24. During the past 12 months, how many times did you actually attempt suicide?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

25. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- A. **I did not attempt suicide** during the past 12 months
- B. Yes
- C. No

**The next 20 questions ask about tobacco use.**

26. Have you ever tried cigarette smoking, even one or two puffs?

- A. Yes
- B. No

27. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

28. About how many cigarettes have you smoked in your entire life?

- A. I have never smoked a cigarette, not even a puff
- B. 1 or more puffs but never a whole cigarette
- C. 1 cigarette
- D. 2 to 5 cigarettes
- E. 6 to 10 cigarettes (about  $\frac{1}{2}$  a pack total)
- F. 11 to 20 cigarettes (about 1 pack total)
- G. 21 to 99 cigarettes
- H. 100 cigarettes or more

29. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?

- A. I did not smoke cigarettes during the past 30 days
- B. Less than 1 cigarette per day
- C. 1 cigarette per day
- D. 2 to 5 cigarettes per day
- E. 6 to 10 cigarettes per day
- F. 11 to 20 cigarettes per day
- G. More than 20 cigarettes per day

31. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- A. I did not smoke cigarettes during the past 30 days
  - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
  - C. I bought them from a vending machine
  - D. I gave someone else money to buy them for me
  - E. I borrowed (or bummed) them from someone else
  - F. A person 18 years old or older gave them to me
  - G. I took them from a store or family member
  - H. I got them some other way
32. **When you bought or tried to buy cigarettes** in a store during the past 30 days, were you ever asked to show proof of age?
- A. I did not try to buy cigarettes in a store during the past 30 days
  - B. Yes, I was asked to show proof of age
  - C. No, I was **not** asked to show proof of age
33. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 to 19 days
  - F. 20 to 29 days
  - G. All 30 days
34. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
  - B. No

35. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- A. I did not smoke during the past 12 months
  - B. Yes
  - C. No
36. Do you think you will smoke a cigarette at anytime during the next year?
- A. Definitely yes
  - B. Probably yes
  - C. Probably not
  - D. Definitely not
37. Do you think you will be smoking cigarettes 5 years from now?
- A. Definitely yes
  - B. Probably yes
  - C. Probably not
  - D. Definitely not
38. In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Often
  - E. Very often
39. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 to 19 days
  - F. 20 to 29 days
  - G. All 30 days



40. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip on school property?**

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

41. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars?**

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

42. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 or 4 days
- D. 5 or 6 days
- E. 7 days

43. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 or 4 days
- D. 5 or 6 days
- E. 7 days

44. Do you think the smoke from other people's cigarettes is harmful to you?

- A. Definitely yes
- B. Probably yes
- C. Probably not
- D. Definitely not

45. Does anyone who lives in your house smoke cigarettes?

- A. Yes
- B. No

**The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.**

46. During your life, on how many days have you had at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 9 days
- D. 10 to 19 days
- E. 20 to 39 days
- F. 40 to 99 days
- G. 100 or more days

47. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

48. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

49. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 or more days

50. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

**The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.**

51. During your life, how many times have you used marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 to 99 times
- G. 100 or more times

52. How old were you when you tried marijuana for the first time?

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

53. During the past 30 days, how many times did you use marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

54. During the past 30 days, how many times did you use marijuana **on school property**?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

**The next 10 questions ask about other drugs.**

55. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

56. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

57. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

58. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

59. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

60. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

61. During your life, how many times have you used ecstasy (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

62. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

63. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

64. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

**The next 2 questions ask about sexual behavior.**

65. Have you ever had sexual intercourse?

- A. Yes
- B. No

66. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

**The next 7 questions ask about body weight.**

67. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

68. Which of the following are you trying to do about your weight?

- A. **Lose** weight
- B. **Gain** weight
- C. **Stay** the same weight
- D. I am **not trying to do anything** about my weight

69. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

70. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

71. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?

- A. Yes
- B. No

72. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- A. Yes
- B. No

73. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

**The next 9 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.**

74. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

- A. I did not drink 100% fruit juice during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

75. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)

- A. I did not eat fruit during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

76. During the past 7 days, how many times did you eat **green salad**?

- A. I did not eat green salad during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

77. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)

- A. I did not eat potatoes during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

78. During the past 7 days, how many times did you eat **carrots**?

- A. I did not eat carrots during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

79. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)

- A. I did not eat other vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

80. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

- A. I did not drink milk during the past 7 days
- B. 1 to 3 glasses during the past 7 days
- C. 4 to 6 glasses during the past 7 days
- D. 1 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

81. During the past 7 days, how many times did you drink soda pop?

- A. I did not drink soda pop during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

82. During the past 7 days, on how many days did you purchase your lunch from a vending machine?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 or more day

**The next 7 questions ask about physical activity.**

83. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

84. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did **not** make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- F. 4 days
- G. 5 days
- H. 6 days
- I. 7 days

85. On how many of the past 7 days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, or weight lifting?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

86. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

87. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

88. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

- A. I do not take PE
- B. Less than 10 minutes
- C. 10 to 20 minutes
- D. 21 to 30 minutes
- E. 31 to 40 minutes
- F. 41 to 50 minutes
- G. 51 to 60 minutes
- H. More than 60 minutes

89. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- A. 0 teams
- B. 1 team
- C. 2 teams
- D. 3 or more teams

**The next question asks about AIDS education.**

90. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

**This is the end of the survey.  
Thank you very much for your help.**